

## RECIPE

- Peel the eggplants, slice the garlic, onions, tomatoes and green peppers into small pieces.
- Add the oil into a pan heat it a little after that add the onions and green peppers, roast them.
- While they're roasting, add the mince into the pan.
- After that add in order of: garlic, ½ tablespoon of tomato paste, pepper paste, salt and black pepper and mix them.
- Add the tomatoes. After cooking for 5 minutes, add a little parsley, mix again. And remove the pan from fire.
- Put glass of oil into another pan and fry the eggplants.
- fry them well, after that remove eggplants from fire, add them into a resistant baking tray.
- slice them into half and add the mince mixture.
- Put a green peppers and tomatoes on them.
- Preheat the oven to 170 degrees and put the baking tray into the oven.
- Cook them for 20-25 minutes.
- Enjoy your meal.



## Karniyarik

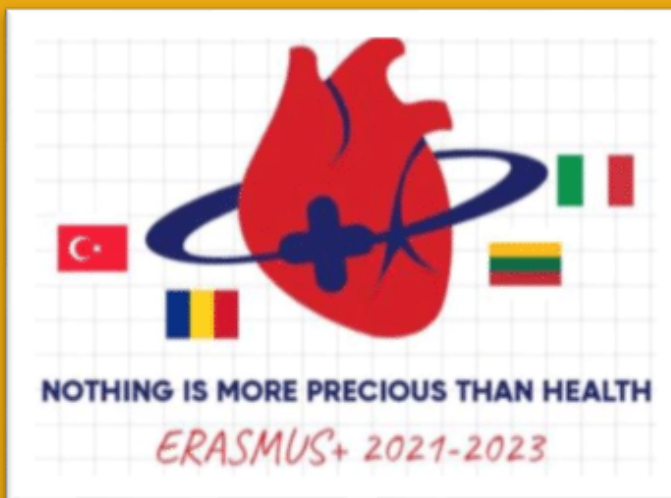


### Ingredients

- 6 MIDDLE SIZE EGGPLANTS
- 3 TABLESPOONS OF OIL
- A BIG ONION
- 7-8 GREEN PEPPERS
- 250 GRAM MINCE
- 2 GARLICS
- ½ PEPPER AND TOMATO PASTE
- A TEASPOON OF SALT AND BLACK PEPPER
- 2 TOMATOES
- A PARSLEY
- FOR FRYING: A GLASS OF OIL



## POLO TECNICO "FERMI - GADDA"



### Ingredients

- 1kg of butternut squash or pumpkin, peeled and cut into small cubes
- 1 clove of garlic, crashed
- 8 teaspoon of olive oil
- Red hot chili pepper
- 400 grams of pasta
- Salt and parsley



### RECIPE

PEEL THE PUMPKIN AND CUT IT INTO CUBES

- **1st STEP.** Put the oil in a in a large frying pan, add 1 clove of crashed garlic, fry it gently over a medium low heat for about five minutes, you just want to soften them, not add any colour. Add a small piece of chilli pepper.
- **2nd STEP.** Next add the butternut squash, some salt and 2 cups of water. Cover with a lid and increase the heat to medium high. Leave to simmer for about 15 minutes, or until the squash is fork tender.
- **3rd STEP.** While the squash is cooking, add some hot water and 400 grams of pasta together, let it simmer stirring from time to time.
- **4th STEP.** Once the mixture is cooked, transfer to a jug and add some parsley.





### Ingredients

For preparing the cabbage leaves

2 medium cabbages

1 tbsp (15g) salt

4-5 thyme sprigs

2 fresh dill sprigs

hot boiling water



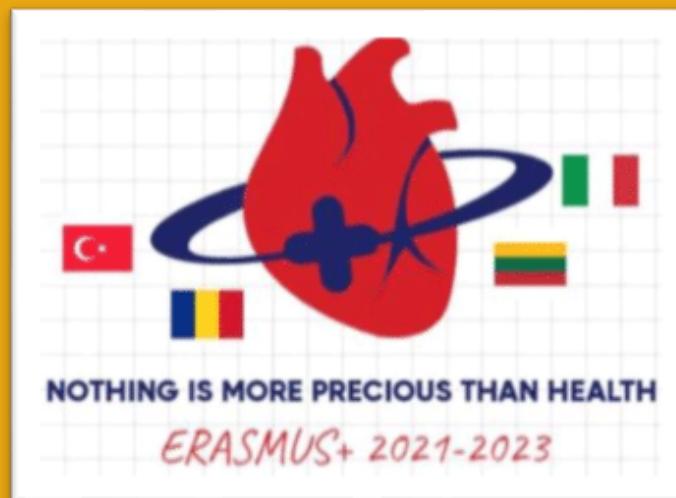
### The Romanian Cabbage Rolls - Sarmale

#### RECIPE

- Remove core from cabbages. In a large pot bring water to a boil, enough to almost cover the cabbage. Add salt, few thyme and dill sprigs. Immerse cabbage in boiling water with core side down. Cook over medium-high heat 5 to 10 minutes. Turn and gently remove leaves. When the leaves are tender and flexible remove and let them cool.
- Prepare the filling. In a frying pan heat oil over medium high heat. Cook onion until soft and glossy. Stir in paprika and tomato paste and remove from heat. Let cool slightly. Add rice, ground pork and beef, dill, salt and pepper. Stir until well combined.
- Trim the thick veins from cabbage leaves for easier rolling and set aside. Cut leaves in smaller pieces if too large. Chop any leftover cabbage (middle part) and the veins and place in a bowl. Mix chopped cabbage with dill, salt and pepper. Place few thyme sprigs on the bottom of a large pot, place half of the chopped cabbage and few dill sprigs on top.
- Start making the cabbage rolls. Place 1/2 to 1 tablespoon of mixture on the center of the bottom of each leaf. Fold in the sides and start rolling the cabbage leaf to create a roll. Place on the prepared pot and continue until all the filling is done. Place the other half of chopped cabbage over the top of the rolls.
- Add diced tomatoes on top, arrange the pork ribs and pour hot salted water until the cabbage rolls are almost covered with liquid.
- Cover the pot and cook at medium heat until they start to boil. Reduce heat to low and simmer for 1 hour.
- Serve cabbage rolls warm with sour cream and polenta.



## POLO TECNICO "FERMI - GADDA"



### VIRTINIŢĂ/KOLDŪŢĂ ÎDARĂ: DUMPLING FILLING RECIPE

FOR DOUGH:

- 380G FLOUR
- 110 ML WATER
- 1 EGG
- SALT

FOR FILLING:

- 430 PORK
- A PINCH OF SUGAR
- 1 EGG
- PEPPER, SALT
- A HALF OF BAKED ONION



### Ingredients

- ALL KINDS OF MEAT
- POTATOES
- CURD CHEESE
- BACON
- MUSHROOMS
- APPLES
- BERRIES
- SPINACH

