

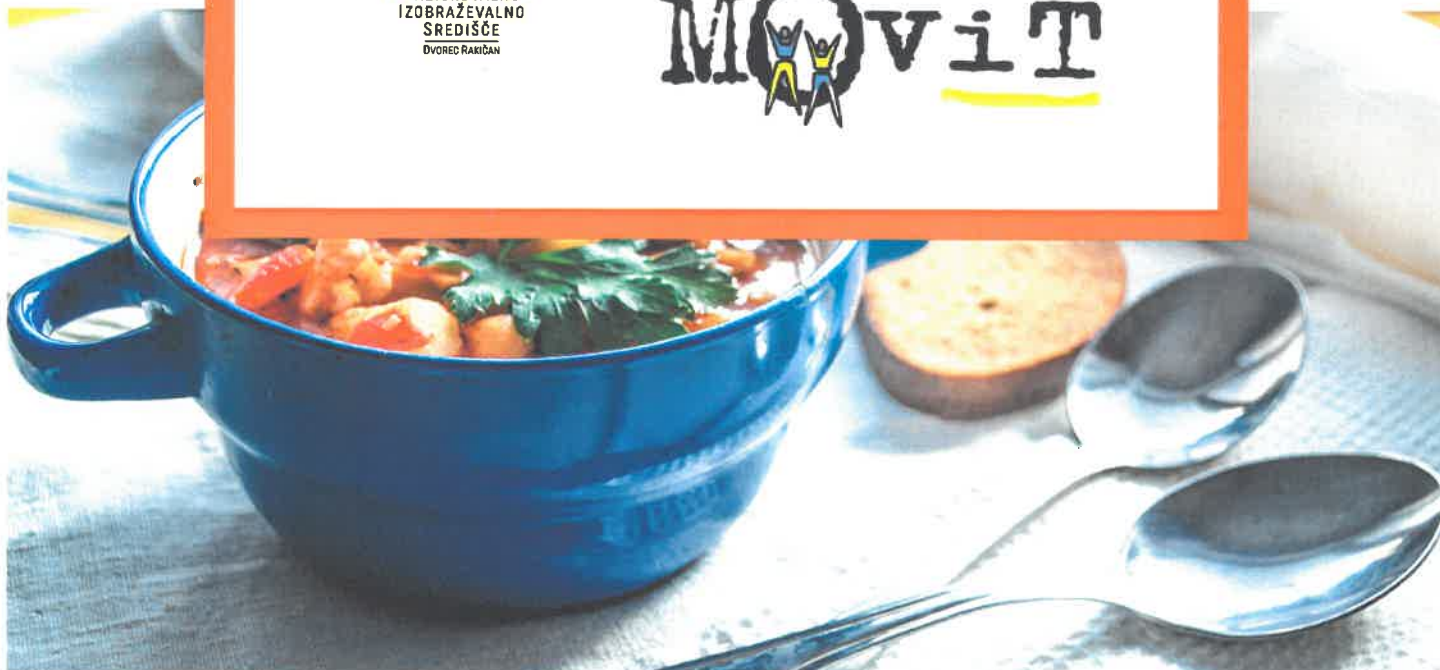


# ROMA CUISINE BOOKLET

ERASMUS+ YOUTH IN ACTION  
"THE WORLD OF ROMA"  
2019-1-SI02-KA105-015065



Erasmus+



## Cooking Roma cuisine

Romani cuisine (Gypsy food) is mostly influenced by Europeans. Although, Romani people are believed to originate from India but their cuisine doesn't incorporate any Indian or South Asian food. Gypsies, as they are referred to as nowadays, have a rich and complicated history which is reflected on their food.

Their food culture is all about finding thrifty, resourceful and delicious ways to nourish and purify the body. This is the reason why their cuisine is called the 'little-known food for the soul'. Romani dishes are usually made with the use of spices such as paprika, garlic and bell peppers and they often use potatoes, corn or cabbage.

Typical Sunday food for them are dumplings with cottage cheese or with roasted onion. This food is cheap, easy to prepare and filling, so after lunch like this they don't usually have any dinner. 90 percent of the recipes have no measurements or real instructions because they are 'family recipes' and according to tradition, the chef should be in a good mood while they are cooking because their energy will pass on to everyone who will eat their food.



## Stuffed peppers (*polneti piperki*)

### List of ingredients:

- *a bit* Vegetable Oil
- *1 table spoon* semi coarse flour
- *3pcs* bay leaves
- *1 table spoon* salt
- *1 table spoon* sugar
- *1,5 l* of hot water
- *500g* tomato purée
- *3 pcs* bell peppers
- *400g* minced pork meat
- *1pc* egg
- *a bit* marjoram
- *1 table spoon* garlic powder
- *200g* rice
- *1 table spoon* salt
- *2 table spoons* all-purpose seasoning

### Side dish:

- *1kg* potatoes or
- *1* steamed dumpling

### Story:

Stuffed peppers are a cheap and sated food. It is believed that when the Roma arrived, they were looking for a way to feed their families having as little ingredients and as little money as they had.

Stuffed peppers are nowadays widely known across the world.

This dish can be eaten hot or cold and stays good for up to 5 days since preparation if well kept.

If you are out of side dish until finishing eating, eat it with bread.

*Note:* The recipe is for 8 servings

## How to cook:

1. Prepare all of the ingredients
2. Cook the rice. Soak the rice first for a while, then add it to a pan with oil. Stir until water evaporates. Add the equivalent water, and cook until well done. Let rest for 5 minutes.
3. Combine rice with meat, egg, marjoram, garlic and salt. Prepare the base of the tomato sauce – pour a bit of oil on the bottom of a larger pot, add the flour. When the pre-sauce starts smelling nice, pour hot water while constantly stirring. Make sure the stir to avoid getting your sauce nubbed. This should boil real quick. Throw in the bayleaves, pour the tomato pourée, add seasonings. Cook for a bit on a slight fire.
4. Cut bell peppers around the area of the stalk and stuff it with the mass you prepared earlier. Make sure to not push too hard as this could break the pepper. If there is any leftover meat, make it into balls. The balls should not break apart in the process. However, if that happens, it only makes the sauce more diverse.
5. Put the stuffed peppers and meatballs into the boiling tomato sauce.
6. Stir occasionally while cooking for about 20 minutes. This is the time to prepare the side dish. The meal is ready when after 20 minutes, the peppers float.
7. Prepare the side dish.  
If you went with potatoes, cut them into squares, add salt (cumin gives the potatoes specific flavour, too).  
If you went with the dumpling, slice the loaf and steam it as per instructions.
8. Enjoy your meal!



## Pasta alla Gricia

### List of ingredients:

- 400g Rigatoni pasta
- 300g guanciale, or good quality pancetta, cubed
- 1 tbsp olive oil
- 110g Pecorino Romano,
- a bit freshly grated freshly ground black pepper

### Story:

When the Roma people arrived in the Italian territory, they observed the local food. The local availability and lack of both time and cooking skills made this dish important for their families

## How to cook:

1. Cook the pasta in a pan of heavily salted boiling water for 8-10 minutes, or as per packet instructions.
2. Meanwhile slowly heat the cubed guanciale with a tablespoon of olive oil over a medium – low heat. It's a fatty cut of meat so you want to render the fat sight down without colouring the meat too much. It's this delicious fat which will coat the pasta, giwing the dish. It's porky depth of flavour.
3. One the fat has rendered, turn down the heat and add a splash of pasta water to keep the meat nice and soft.
4. When the pasta is cooked al duete . Remove from the heat and drain. Ensuring some of the pasta water.
5. Leave the pasta in the colander for 30 seconds to dry off a little - this way you are completely ibn control of how much pasta water you will add to create the sauce.
6. Add the pasta to the pan and turn up the heat. Toss the pan o ruse tongs to coat the pasta completely in the rendered fat. Now mix in a splash or two of the reserved pasta water to give it a glossy shine. The starch from the pasta eater will bind with the fat to produce a rich sauce.
7. Remove from the heat, add a few grinds of black pepper and the grated Pecorino Romano. Toss again to evenly coat and serve straight away.
8. Enjoy your meal!



## Bean spread with flatbread

*(fazul'ová natierka s plackami)*

### List of ingredients:

- 1 medium onion
- 1 clove garlic
- 2 tbsp. olive oil
- 2 can white beans
- 1 tbsp. multi-purpose seasoning
- 1 tbsp. Salt
- 500g smooth flour
- 1 cup water
- 1 tbsp. salt

### Story:

This meal reflects the living of the Roma people in Slovakian land.

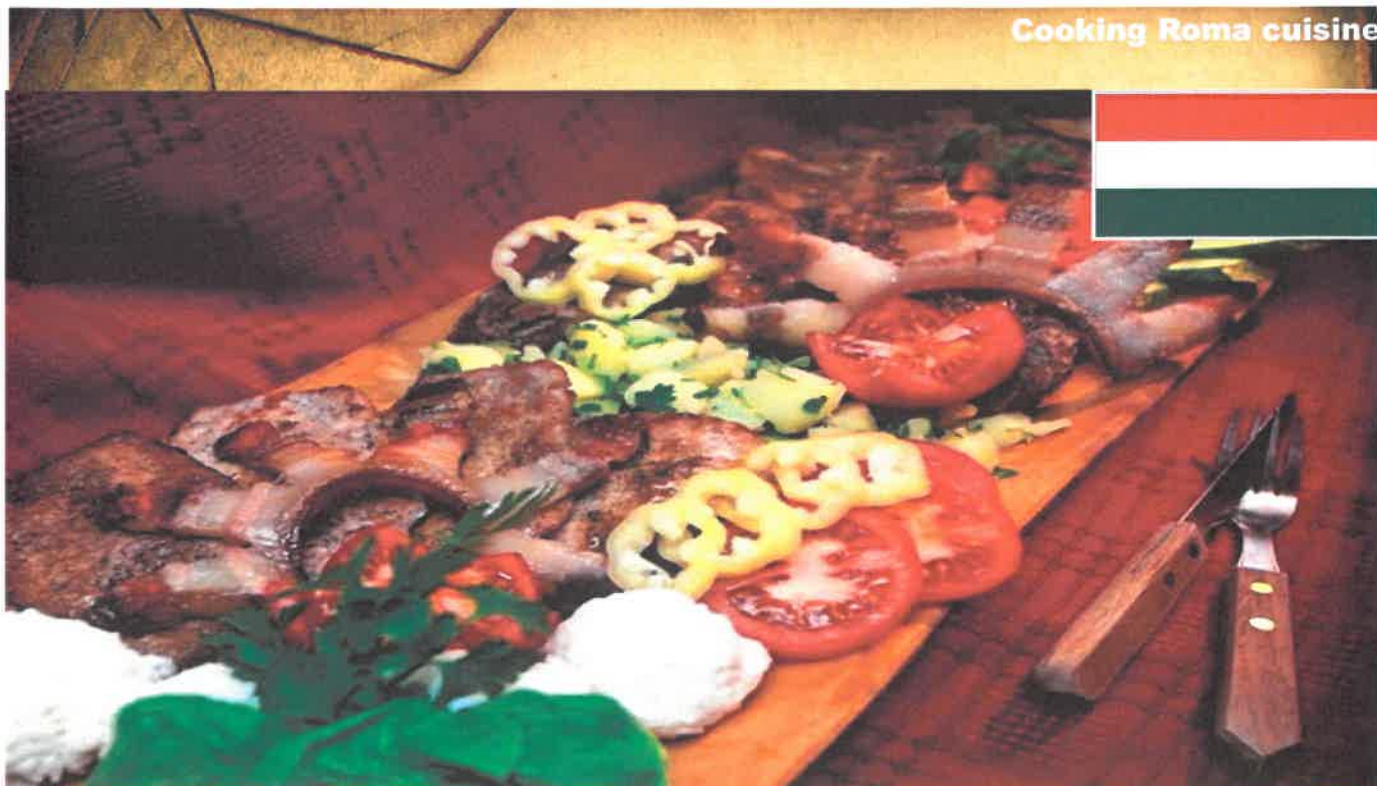
Due to richness and low requisitions of ingredients made this dish commonly used amongst the general public.

The placky, which only contain basic ingredients are still relatively often used in traditional Slovak cuisine.

## How to cook:

1. Roughly chop the onion and garlic
2. Fry these in oil for a couple of minutes until light brown. When ready, put both in a large mixing bowl
3. Drain and rinse the beans and place them in the bowl, add seasoning and salt. Stir thoroughly. Let the spread rest for 10 minutes.
4. Mix flour, water and salt in a bowl. The pastry should not be too sticky. If you find it sticks to your pan, add more flour.
5. Pour a bit of oil over high-level heat on a pan. Start placing your dough on the pan, making 10-15cm flatbreads on diameter. Switch sides often, until each side has blisters and/or black spots. Store all flatbreads on one plate until the last is done.
6. When creating meal plates, place a flatbread with the spread on top
7. Enjoy your meal!





## Transylvanian platter (Erdélyi fatányéros)

### List of ingredients:

- 4 small slices **pork chops**
- 4 small slices **veal chops**
- 4 small slices **sirloin steak**
- 100 grams **smoked bacon (with skin on)**
- 2 tbsp **oil**
- 4 **potatoes for potato wedges**
- **oil for frying potatoes**
- pinch of **Hungarian paprika**
- **salt & pepper**
- 2 small **tomatoes**
- 1 **yellow pepper**
- **lettuce leaves**
- **onion, sliced for decoration**

### Story:

This dish was adapted not only by Roma people in the 19<sup>th</sup> century, but also in the whole Transylvania, Romania. This was later brought to hungaria with the travelling caravans of Roma. The hungarians gladly accepted this as one of their most traditional dishes.

On contrary to other dishes in this recipe booklet, you can find this recipe relatively expensive, due to big amount of meat used.

## How to cook:

1. Wash the vegetables, slice them and put them aside. These will serve as a side dish alongside potato wedges.
2. Carefully clean and tenderize the meat slices. Season these with salt and black pepper.
3. Cut the bacon into four (or more) equal pieces. Do not separate these parts from the skin. Fry on a pan until crispy. The bacon pieces will turn into a cock's comb shape. Set bacon aside and keep warm.
4. Fry the meat slices in hot oil on both sides until well done. At the same time prepare the potato wedges, making sure the wedges and meats are ready for serving at the same time.
5. Serve one piece of each meat per plate. Decorate with the beforementioned vegetables and potato wedges. Sprinkle meat and cocks' combs with paprika
6. Enjoy your meal!



## Gypsy soup

### List of ingredients:

- 2 Tbsp. olive oil
- 3 cups diced yellow onion
- 1 cup diced celery
- 1 cup diced red or green bell pepper
- 2 cups diced, peeled garnet yams sweet potatoes, winter squash, or carrots
- Freshly ground black pepper
- 2 Tbsp. Minced garlic
- 1 Tbsp. sweet paprika
- 1 tsp. Turmeric
- 1/8 tsp. ground cinnamon
- 1/8-1/4 tsp. Cayenne
- 1 14.5-ounce can diced tomatoes
- 1 15.5-ounce can chickpeas (garbanzo beans), drained and rinsed
- 5 cups vegetable or chicken stock, or water
- 3 bay leaves
- 1/2 cup chopped fresh parsley

### Story:

Gypsy Soup is a one-pot soup that goes together quickly, yet is rich, spicy, and full of flavor. It's also quite versatile. Using the base of onions, celery, tomatoes, and spices called for in the recipe, any vegetables or beans can be added or substituted for those specified. This is called a Gypsy Soup because the contents of the soup may vary, as you may reuse all of their contents with basically any other stored ingredients.

## How to cook:

1. In large pot, sauté onions, celery, peppers, and garnet yams in olive oil, lightly seasoned with salt and freshly ground black pepper, until onions soften and start to turn gold.
2. Stir in garlic, paprika, turmeric, cinnamon, and cayenne and cook for 1 minute.
3. Stir in tomatoes, chickpeas, stock or water, salt, and bay leaves.
4. Bring to a boil, cover, turn heat down to low, and simmer for 20-30 minutes until flavors have blended.
5. Taste and add salt, freshly ground black pepper, or cayenne, as needed. Stir in fresh parsley and serve.
6. Enjoy your meal!



## Tochitură cu mămăligă

### List of ingredients:

- 500g pork neck
- 1 tablespoon lard
- 1 large onion
- 4 small coarsely-ground smoked sausages
- 3 garlic cloves
- 2 tablespoons tomato paste
- 2 bay leaves
- 240 ml dry white wine
- 4 eggs
- 2-3 vegetable oil
- about 100g feta cheese
- some parsley
- polenta and pickled vegetables to serve with

### Story:

Tochitura is also often used with sausages instead of pork meat, or the combination of both.

This dish comes in two varieties. These are with or without the tomato sauce.

The version with tomato sauce is most used nowadays, but is less traditional.

## How to cook:

1. Chop the meat into rather small cubes. Pat them dry with some kitchen paper
2. Melt the lard or heat the oil in a cast iron pan. Fry the meat cubes until nicely browned. Do this in two batches if your pan is not large enough, the pan should not be too full.
3. Return all the meat cubes to the pan and add the finely chopped onions and about  $\frac{1}{2}$  teaspoon salt.
4. Add  $\frac{1}{4}$  cup water, cover and cook gently for about 20 minutes or until the meat is tender. Add a splash of water or so if necessary, if you notice that the dish becomes too dry.
5. Start cooking the polenta
6. Cut the sausages into slices, about 1 cm. Chop the garlic finely. Add the sausages, garlic, tomato paste and bay leaves to the pan.
7. Pour the white wine, cover again and continue cooking for 10 minutes or until the meat is really tender and the sausages are cooked through.
8. Adjust the taste with salt and pepper.
9. In the meantime, heat the vegetable oil and fry the eggs in a large pan.
10. Divide the stew between 4 serving dishes, place a fried egg on top of each plate
11. Sprinkle some parsley over the dish and serve hot with polenta and pickled vegetables
12. Enjoy the meal!

