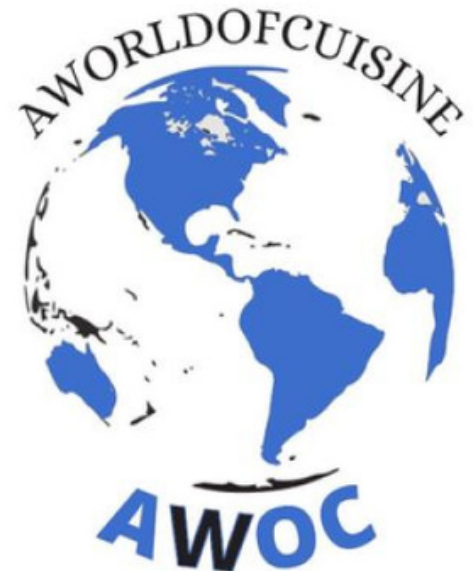




A WORLD OF CUISINE



**MEN
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ROMANIA



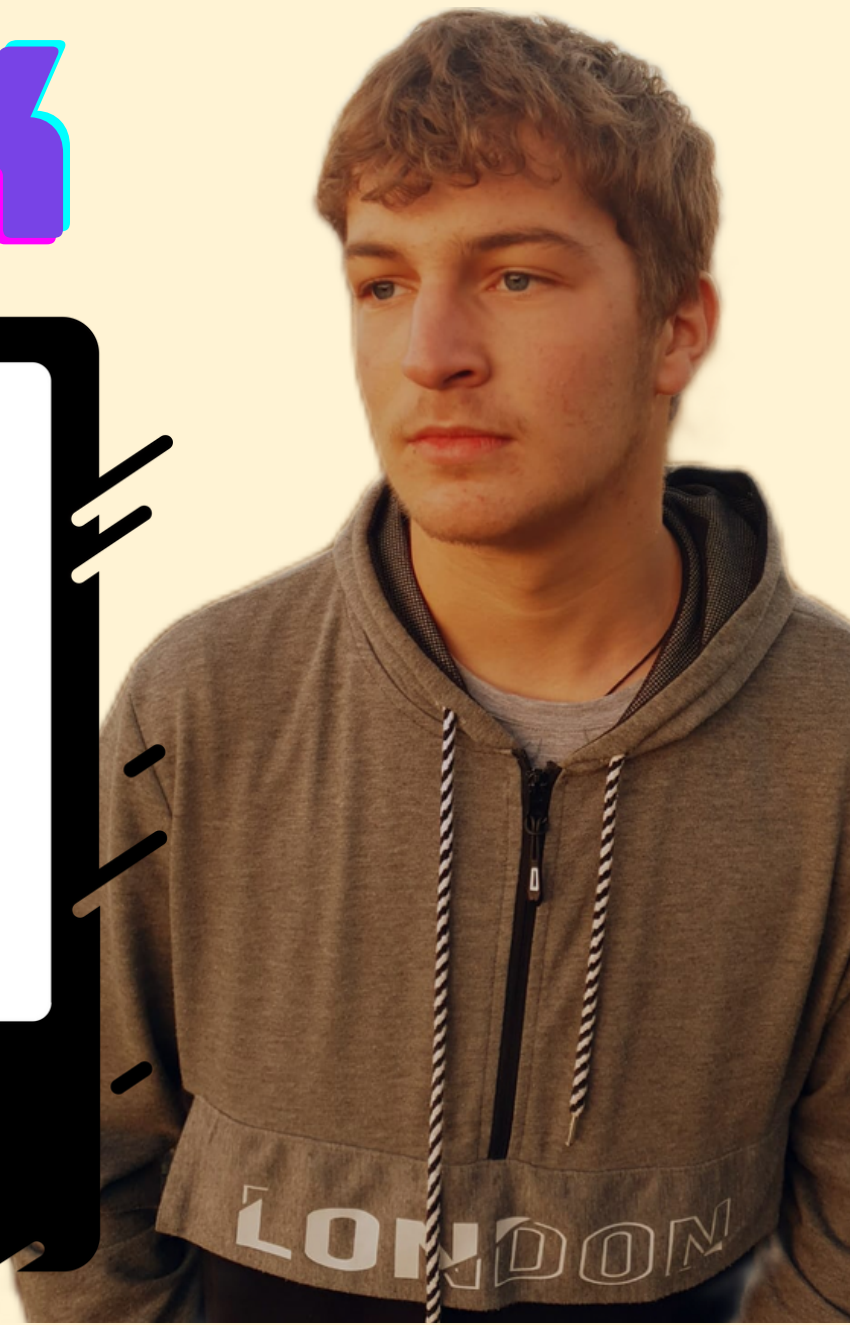
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SCAN ME



Menu

STARTER

STUFFED BELL PEPPERS

BELL PEPPERS STUFFED WITH TWO
TYPES OF DELICIOUS CREAM CHESSE

MAIN

CHICHEN STEW

A STEW WITH CHICHEN AND
VEGETABLES

POLENTA

MADE WITH CORNMEAL AND A PITCH OF
SALT

DESSERT

ALIVANCA

CORNMEAL MIXED WITH CHESSE, MILK
AND SOUR MILK, AND SERVED WITH
BLUEBERRY JAM

STARTER

Bell peppers, stuffed with cream cheese

kapia pepper, 2 bell peppers (one red, one yellow), 600g fresh cheese (from cow milk), a bunch of fresh dill, a pinch of salt, white pepper, paprika powder.

How to make?

1. Wash the bell peppers, and remove the core and seeds.
2. Drain the cheese.
3. Chop the dill.
4. Dice the paprika peppers into small pieces.
5. Put half of the cheese in a bowl and stir it until creamy.
6. Add the dill.
7. Put the other cheese in another bowl.
8. Mix it with salt, pepper and add the chopped paprika at the end.
9. Fill the red bell pepper with cheese and dill mixture, using a spoon.
10. Fill in the other one with the cheese and paprika cubes.
11. Put them in the fridge, then cut them in 1cm slices.
12. Decorate with something green.



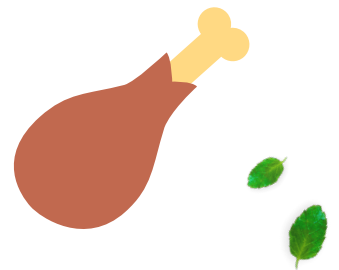
MAIN

Chicken, stewed with vegetables, served with polenta

500g chicken legs meat (boneless), 2 onions (100g). 8 garlic cloves, 50ml sunflower oil, 100ml red wine, 200 ml water, 200ml tomato juice with pulp (canned), 2 carrots (200g), one red bell pepper (paprika), salt (5g), black pepper beans, white pepper (2g), bay leaves. For the polenta: 1l water, to boil, a teaspoon of salt, 200g cornmeal.

How to make?

1. Dice 2cm cubes of meat.
2. Dice the onion and the bell pepper.
3. Finely grate the carrots.
4. Fry the onion in a pan, for 5 minutes, then add the carrots and pepper.
5. Fry the meat in another pan for 3-4 minutes.
6. Put the meat in a pot. Add the salt, pepper and the bay leaves, some water and bring it to boil, adding water.
7. Pour the sautéed vegetables over the meat and mix.
8. After five more minutes, add the tomato paste. When reduced, put the wine, leave it for 20 minutes.
9. Add the minced garlic cloves, and put in a tray, at 180 oC for another 15min.
10. Make a polenta to serve it. Put a teaspoon of table salt in a pot with 1l boiling water. Add 200g cornmeal and whisk continuously while boiling, until thicken. In 10-15 min, it is ready.



DESSERT

ALIVANCA

2 eggs, 200g sugar, 200g corn flour, 200g wheat semolina, 50g wheat flour, 200ml sour cream, 200ml milk, 20g butter, 200g fresh cheese from cow milk, 200ml of sour cream, 3 sachets of vanillin sugar, salt, blueberryjam for serving.

How to make?

1. Boil the milk with the vanilla sugar and a pinch of salt. When boiling, add it over the corn flour and semolina, stirring continuously for three min. Cover a 20/30cm tray with baking paper.
2. Whip the egg whites, with half of the cream and butter: Add the flour. Then, add the cheese and 3/4 of the sugar, and mix it again. Then, add the boiled mixture and the egg yolks.
3. Put it in the tray and level it out. Bake it for 30min at 170 oC.
4. When ready, sprinkle on top the remaining butter, cut in small cubes.
5. Cover it with the remaining cream (mixed with sugar).

Decorate it with blueberry (or any other sour fruit) jam.



A young man wearing a white chef's hat, glasses, a black chef's jacket with white piping, and black gloves stands in a kitchen. He is looking directly at the camera. In the foreground, there are two stainless steel bowls: one containing carrots and a red bell pepper, and another containing pieces of raw chicken. A small jar with a red lid and a glass of yellow liquid are also visible on the counter. The background shows a professional kitchen with stainless steel walls, a sink, and hanging pans.

*Good
appetite*