



A world of cuisine

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ROMANIA



Erasmus+







MENU

STARTER

Stuffed mushrooms with fresh salad

MAIN

Grilled trout with mămăligă (polenta)

DESSERT

Cheese doughnuts/ Papanashi





Stuffed mushrooms with fresh salad

Ingredients

- 500g mushrooms
 - 2 bell peppers (500g)
 - 2 carrots (200g)
 - 5 onions (500g)
 - 50g dried cranberries
 - 200g pressed cheese
 - salt and pepper on your taste
 - sunflower oil (200ml).
- For the salad:
- one egg (boiled)
 - one raw egg yolk
 - a mango fruit
 - 100g celery root
 - 2 carrots
 - apple
 - lemon
 - salt
 - pepper
 - sunflower oil
 - 20g grated walnuts
 - 100ml Greek yogurt

Preparation

Wash the mushrooms. Dice their tails. Chop the onions and bell peppers and grate the carrots.

Fry the onions, for about a minute. Add the carrots, peppers and diced mushrooms. Leave them for a minute. Strain to remove the excess liquid. Add the grated cheese and cranberries. Put the mushrooms in a tray, on baking paper. Fill the mushrooms with the vegetable mixture.

Bake for 20 minutes, at 180 °C.

While baking, prepare the salad. Peel the carrots, celery, mango fruit and apple and grate them. Make a mayonnaise from one boiled and one raw egg yolks.

Combine all the grated fruit/vegetables in a larger bowl. Add some walnuts, Greek yogurt and the mayonnaise.

Put the mushrooms on a plate, with small bowls of fresh salad.

Decorate with walnuts and parsley.





Grilled trout with mămăligă/ polenta

Preparation

Ingredients

- *fresh trout (4 pieces, total about 1 – 1,2kg)*
- *salt*
- *pepper, garlic sauce*
- *2 slices of lemon*
- *green leaves for decoration.*

For the polenta:

- *1l water*
- *salt*
- *200g cornmeal*

Remove the fish scales and internal organs (if the fish was bought not eviscerated). Season the fish with salt and squeezed garlic. Grill it on a gas (or coal) griller. When it is golden on both sides, remove it on a paper towel.

For the polenta, add a pinch of salt in a bowl with 1 liter boiling water. Pour about 200g cornmeal, whisking continuously. Continue whisking until it become thick.

Use an ice cream scoop. Form 2 polenta balls.

Add the trout.

Cover with lemon slices.





Cheese doughnuts/ Papanashi

Preparation

Ingredients

- 200g cottage cheese
- 2 eggs
- 160g flour
- 40g wheat semolina
- 30g sugar
- 2g salt
- 5g baking powder
- 10g vanillin sugar (2 packs)
- 250ml sunflower oil for frying
- sour cream and blueberry jam for serving.

In a bowl, mix the cheese with the sugar, semolina, salt, one vanillin sugar pack and the baking powder. Add the eggs and stir. Add the flour and knead it to form normal consistency dough. Form ring shape doughnuts and an equal number of small balls. Shallow fry them in sunflower oil. When they turn golden on all sides, take them out on a plate with absorbing paper. Mix the cream with a pack of vanilla sugar.

Serve them on a plate – a ring doughnut on the base, then a generous filling of cream. Put the ball on top. Cover it with one-two tablespoons of blueberry jam (or any other forest berries).

