

TRADITIONAL CUISINE OF FOREST LAND REGION, HUNEDOARA COUNTY

LUMINITA PIRVULESCU¹, TABITA ADAMOV¹, TIBERIU IANCU¹, CLAUDIA SIRBULESCU¹, DESPINA-MARIA BORDEAN², DIANA-NICOLETA RABA*¹, ANDREEA OPRISONI¹

University of Life Sciences "King Michael I" from Timisoara, ¹Faculty of Management and Rural Tourism, ²Faculty of Food Engineering, Romania

Abstract: *Culinary specificity's study of the Forest Land region reveals an area with a unique gastronomy, little explored, but with huge potential. The dishes have a special taste and are obtained from few ingredients, from their own farms. Although it is an isolated area, the local women have created tasty dishes, convincing future generations to prepare them and carry on the traditions.*

In this region of Hunedoara county everything is a cycle starting from the animals and their well-being to give good productions of milk, meat and eggs to the agricultural works that are carried out in a natural and classic way without introducing agricultural mechanisms.

• Introduction

Between the mountainous area of the Poiana Ruscă Mountains and the peripheral depressions, there is a relief of hills with altitudes between 200-300 m. In this area is defined the Forest Land region, whose locals have contributed over the centuries to the development of the area by practicing an original agriculture, when shaping the hills by terracing them.

• Material and method

For cooking, the villagers used three types of facilities for food preparation: the **căloniu**, an open hearth raised to a height of 40-50 cm, on top of which was the **băbura**, a pyramidal basket built from the interweaving of reeds glued with a layer of thick earth that, at the upper end, it went out into the attic where the bacon, sausages, bones with pork, along with its head and legs, were smoked. The oven and **test** was placed on the hot hearth of the **căloniu**. Bread and hominy were baked under it.

• Results and discussions

Foresters being people from disadvantaged areas and with few possibilities, the main ingredients were mostly those obtained from animals or from the garden. The most used ingredient is the lard also used in the **rântaş** for **zama** (soup). Also, they were used for fasting meals different broths containing **tambura** (pumpkin seed broth) and **cir** (wheat flour stew with water).

Other frequently used ingredients are: **crumpeni** (boiled potatoes) consumed especially during fasting periods, **cisalita** by bran, **moare** (cabbage juice), corn flour, eggs and beans.

Cow's milk is used to make **zămătişa** (sweet cheese), sour milk and butter.

Sour milk with hominy baked. This kind of food is especially eaten in the morning. It is made from milk left to ferment on top of the stove and then mixed with cow's milk cream, accompanied by baked hominy. Along with these, scrambled eggs with jumeri (melted bacon) are also served.

White soup is among the basic dishes of the forest people based on boiled potatoes to which are added salty sheep's cheese, cow's milk cream and beaten egg. Milk can also be added to the soup.

Lamb bortsch with **rântaş** is a delicacy for foresters. Add the meat and onions over the lard and once they are cooked, add the water and potatoes. The secret of this soup is the **rântaş** made from flour, sour cream and egg. It is a dish that the sheep breeders enjoyed as a rule, it being served by all the foresters only at the Easter meal.

Sarmale with **păsat** (stuffed cabbage with ground corn). This dish is similar to the traditional dish, but the rice is replaced with **păsat** (large ground corn) and meat or vegetables are added if one is fasting. These were served on Sundays and on holidays when the women finished their agricultural work and prepared for the festive days.

Răitaşi are small pies made from a thin dough that is sprinkled with sugar, then rolled and made into a snail shape. It is pressed with a rolling pin and fried in lard. This dish was usually prepared by housewives with the remaining dough after preparing the forest pies.

Pitărei are sweet rolls, which are composed of wheat flour, sugar, water, butter or oil, yeast, eggs and after removing from the oven they are smeared with honey and ground walnut

• Conclusions

The Forest Land is a special area compared to other regions in Hunedoara county that surrounds itself with a long history and with customs and traditions preserved and preserved over time by its inhabitants.

The traditional dishes have predominantly lacto-vegetarian ingredients, being obtained from natural and particularly tasty products. All of this, woven together, creates a beautiful story where the food is tasty, the atmosphere welcoming and friendly, and the natural landscape is a wonderful one..