

TRY ROMANIAN FOOD

Radu the builder knows that Joe would love his favourite food from Romania! Why not try the following recipes and find out?



Papricas de pui – chicken with rice in the oven

Ingredients

500g chicken fillet	3 onions
4 carrots	1 red pepper
2 sticks celery	500g boiled rice
50g butter	salt, pepper to taste
parsley	

Method:

1. In a pot with 2.5 litres of water, add the chicken cut into small bite-sized pieces.
2. Add finely chopped vegetables to the chicken: 3 carrots, 2 onions, ½ pepper and 1 stick of celery, and bring to the boil, then turn down the heat and simmer for fifteen minutes.
3. In a large pan, gently fry one finely chopped onion, one grated carrot and the remaining half of the red pepper in butter.
4. When these are cooked, add the boiled chicken and about 1 litre of the liquid and all the vegetables from the other pot.
5. Add the previously boiled rice to the pan, mix all the ingredients together, then put in the oven for a nice finish: about fifteen minutes, until golden brown.
6. For decoration, just add parsley, and serve hot with any green lettuce.

Pofta Bună!

Il Flotante – lapte de pasare

Ingredients

2l milk	6 eggs
200g sugar	20g vanilla sugar
1 lemon	

Method:

1. Mix the egg yolks with 100g sugar, vanilla sugar and the grated skin of the lemon.
2. Beat the egg whites with 100g sugar until it stiffens to a hard foam.
3. Bring the milk to the boil and add, with a spoon, portions of the hard foam and boil on each side for a few seconds.
4. Remove the foam portions and place in a glass container.
5. Add the egg yoke mixture to the milk and boil for two minutes.
6. Pour this boiling mixture over the foam in the glass container.
7. Serve ice-cold from the fridge.

