

## ROMANIAN CUSTOMS AND FOODS

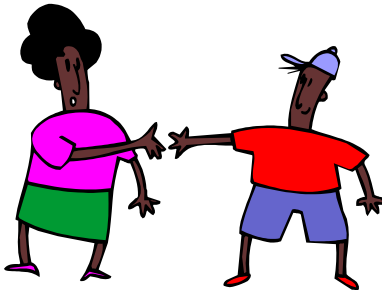
While in Romania you will encounter customs that you probably are not accustomed with. Here are some that you have to be aware of.

### Hugs and kisses

You will discover it is a custom in Romania (especially in the rural areas) for the older Romanians (especially women) to hug and kiss on the cheek their relatives, friends, and guests. Nobody will ask you to start practicing this custom yourself but in case Romanians will relate in this way to you, then you may want to be aware of it. Kissing the ladies' hands is another custom. It is, even for Romanians, quite an old fashioned custom, borrowed from the French culture, but some men still practice it. Ladies, while you are visiting Romania somebody may greet you in this way, so do not be surprised!



### Holding hands



Holding hands or walking having an arm around someone else's neck or shoulders, is an expression of friendship. You may see girls walking hand in hand or with their arms around each other. It is nothing inappropriate for Romanians! They see that as a way of expressing very good friendship with no sexual implications at all. However, if you see a boy and a girl walking together holding hands that should tell you they are dating.

### While visiting

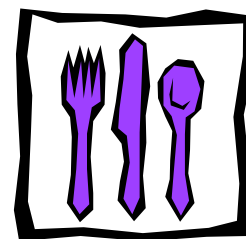
You will see that in Romania the streets and the sidewalks are not that clean; some places are quite dusty and muddy. For this reason when people enter in someone's house they commonly take off their shoes out of respect for the host who works hard in keeping the place clean. It would be best to ask the host if you can take off your shoes. Romanians are hospitable people. They like to treat their guests with the best they can afford. Please be polite and at least try the different foods they will put before you.



However it is also polite to kindly say when you have had your fill. It is also custom for the guests to have a gift for the family even if they go for a short visit. A bouquet of 3 or 5 flowers will be greatly appreciated by the lady host (never give an even number of flowers – that is only for funerals!!!).

## SOME TYPICAL RESTAURANT MENU ITEMS

Not all restaurants have their menu in English, and most of them do not serve a variety of foods. Hopefully this list will make it easier for you to select your items.



<b>SEASONAL DISHES</b>	<b>PREPARATE DE SEZON</b>
Aubergine, tomatoes, onion, olive oil	<b>Salata de vinete cu rosii</b> , ceapa, ulei de masline
Cauliflower (fried in breadcrumbs)	<b>Conopida pane</b>
Tomato, cottage-cheese, oregano	<b>Salata de rosii cu telemea</b> , rosii, oregano
<b>COLD HORSE D'OEUVRES</b>	<b>APERITIVE RECI</b>
Mozzarella, tomatoes and olive oil	<b>Mozzarella Capresse</b> , rosii si ulei de masline
Ham with fried eggs	<b>Ochiuri cu sunca</b>
Fine sliced raw beef fillet with parmesan	<b>Carpaccio de vita</b> : file crud de vita cu parmezan
<b>SOUPS</b>	<b>SUPE</b>
Mushroom cream	<b>Crema de ciuperci</b>
Vegetable cream	<b>Crema de legume</b>
Vegetable soup	<b>Supa de legume</b>
Tomato cream soup	<b>Supa crema de rosii</b>
Bean sour soup	<b>Ciorba de fasole boabe</b>
Rustic pork sour soup	<b>Ciorba taraneasca de porc</b>
Rustic beef sour soup	<b>Ciorba taraneasca de vacuta</b>
Chicken broth with noodles and boiled meat	<b>Supa de pasare cu taitei si rasol</b>
Beef soup	<b>Supa de vacuta</b>
Potato soup	<b>Supa de cartofi</b>
Chicken sour soup with tomatoes	<b>Ciorba de pui cu rosii</b>
Sour soup of beans with chops	<b>Ciorba de fasole uscata cu costita</b>
Sour soup with meat balls	<b>Ciorba de perisoare</b>
<b>SALADS</b>	<b>SALATE</b>
Cabbage salad	<b>Salata de varza</b>
Green lettuce salad	<b>Salata verde</b>
Lettuce and tomato salad	<b>Salata verde cu rosii</b>
Cucumbers in vinegar	<b>Castraveti in otet</b>
Cucumber salad	<b>Salata de castraveti</b>
Bell peppers in vinegar	<b>Gogosari in otet</b>
Tomato salad	<b>Salata de rosii</b>

	<b>PASTA</b>	<b>PREPARATE DIN PASTE FAINOASE</b>
	Minced meat and tomato sauce	<b>Spaghetti Bolognese:</b> carne tocata si sos de rosii
	Egg, Parmesan cheese and bacon	<b>Spaghetti Carbonara:</b> ou, parmezan si costita afumata
	Four types of cheese sauce	<b>Penne ai Quattro Formaggi:</b> sos din patru feluri de branza
	Tomato sauce, onion and bacon	<b>Penne Amatriciana:</b> sos de rosii, ceapa si costita
	Mushrooms, pepper, onion and smoked bacon	<b>Penne Fantasia:</b> ciuperci, ardei, ceapa si costita afumata
	Cream and ham sauce	<b>Tortellini alla Panna:</b> sos de smantana si sunca
	Tomato sauce and salmon	<b>Fettucine al Salmone:</b> sos de rosii si somon
	Tomato sauce and veal	<b>Fettucine con Vittelo:</b> sos de rosii si carne de vitel
	<b>FISH</b>	<b>PREPARATE DIN PESTE</b>
	Grilled trout, steamed potatoes and vegetables	<b>Pastrav la gratar</b> cu cartofi natur si legume
	Shrimp with wild rice and cocktail sauce	<b>Creveti Black Tiger, prajiti</b> cu orez salbatic si sos cocktail
	Fries Octopus, steamed potatoes and tartar sauce	<b>Calamari Fritti</b> cu cartofi natur si sos tartar
	Steamed potatoes, raw salmon fillet and shrimp sauce	<b>File de somon la gratar</b> cu cartofi natur, carpaccio de somon si sos de creveti
	<b>CHICKEN</b>	<b>PREPARATE DIN CARNE DE PASARE</b>
	Grilled chicken legs, French fries, garlic sauce	<b>Pulpe de pui la gratar</b> cu cartofi pai, sos de usturoi
	Schnitzel with mashed potatoes or French fries and cacciocavallo	<b>Snitel</b> cu cartofi pai sau pireu si cascaval
	Grilled chicken breast, French fries and vegetables	<b>Piept de pui la gratar</b> cu cartofi pai si legume
	<b>PORK</b>	<b>PREPARATE DIN CARNE DE PORC</b>
	Pork schnitzel, French fries and tartar sauce	<b>Snitel de porc,</b> cartofi pai si sos tartar
	Grilled pork chops, fried potatoes or mashed potatoes	<b>Cotlet de porc la gratar</b> cu pireu de cartofi
	<b>BEEF</b>	<b>PREPARATE DIN CARNE DE VACA</b>
	Viennese schnitzel, French fries and vegetable	<b>Snitel Vienez</b> cu cartofi pai si legume
	Italian escallop and steamed potatoes	<b>Escalop italian</b> cu cartofi natur
	Swiss stroganoff, mushrooms and rosti	Stroganov elvetian, ciuperci si rosti
	Escallop with sage, ham and potatoes	<b>Saltimboca alla Romana:</b> sunca cu salvie si orez
	Steamed potatoes and vegetable	<b>Chateaubriand</b> cu cartofi nature si legume