

ROMANIAN CUSTOMS AND FOODS

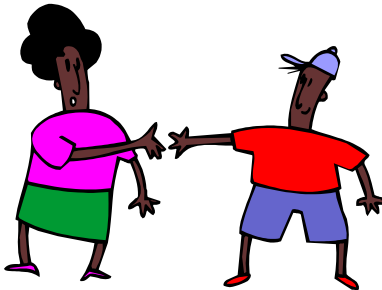
While in Romania you will encounter customs that you probably are not accustomed with. Here are some that you have to be aware of.

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

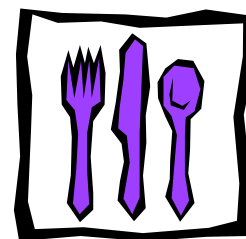
You will see that in Romania the streets and the sidewalks are not that clean; some places are quite dusty and muddy. For this reason when people enter in someone's house they commonly take off their shoes out of respect for the host who works hard in keeping the place clean. It would be best to ask 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.



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

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