

# 200 PROVEN RECIPES

FOR DISHES, PASTRIES,  
AND OTHER HOUSEHOLD WORKS



Costache Negruzzi  
Mihail Kogălniceanu

English edition with commentary  
by Iurii Şvera

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# 200 РЕЦЕТЕ ЧЕРКАТЕ

de

БЪКАТЕ, ПРЪЖИТЪРІ

ш і

АЛТЕ ТРЕБІ ГОСПОДЪРЕЦІ.

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Тіпъріте ка келтвела ші дигріжіреа знеї соціетъді  
de ізвѣторі de днаитіреа ші стрължіреа  
неамълві Романеск.



A doua ediție.

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Іаутіі.

Ла Картора Фоіеі Сътъді.

1842.

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## Translator's Introduction

In 1841, in Iasi, at the “Cantora Foiei Sătești” publishing house, the main book of Moldovan culinary literature, “200 Proven Recipes for Dishes, Pastries, and Other Household Works,” was printed (Negruzzi and Kogălniceanu 1841). The book was reissued twice within the first five years, in 1842 and 1846. The 1842 edition remained identical to the first, whereas the third edition included several corrections. It was the first original cookbook printed in the Romanian language<sup>1</sup>.

The only source of recipes in Romanian preceding this collection was, in fact, a manuscript dated back to the late XVII century (“Carte întru care se scriu mâncările...” n.d.), passed down with additions from generation to generation until the XIX century. It originally belonged to the library of *Vel Stolnic*<sup>2</sup> of Principality of Wallachia, Constantin Cantacuzino, and sometimes the authorship is attributed to him. There is also an opinion that the book dates to the first half of the XVIII century and is a translation from Italian (Chivu 1983; Chivu 2006). The manuscript is titled “A Book in which Fish and Crayfish Dishes, Oysters, Snails, Vegetables, Greens, and Other Dry and Sweet Dishes Are Described in Their Order”. It was first published in 1997

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<sup>1</sup> The first printed cookbook in the territory of modern Romania was “Book of the Craft of Cooking” (“Szakats mefterségnek könyvetskeje” 1695), published in 1695 in Hungarian in Kolosvaratt, modern city of Cluj-Napoca. It was translated into Romanian and published in 2019 (Lukács 2019).

<sup>2</sup> *Vel Stolnic* was a noble title in the Principalities of Moldova and Wallachia during the XIV – XVIII centuries; it can be roughly compared to the Chief Seneschal in France or the Lord High Steward in Britain.



in the book “The World in a Cookbook: Manuscripts from the Brâncovenesc epoch” (Constantinescu and Cazacu 1997).

The names of the authors of “200 Proven Recipes...” were not provided. Still, even if the authors didn’t want to be associated with a cookbook, the secret didn’t keep long. A warning of strict legal consequences for reprinting the book was signed with the initials K.N. – M.K. In his novella *Iluzii pierdute* (Lost Illusions) (Kogălniceanu 1841), printed in the same year and by the same publisher, Mihail Kogalniceanu mentions that he and Mr. C.N. jointly published a book that challenges all established customs and practices in the country and is meant to bring about a culinary revolution throughout Moldova. It was no secret to anyone in Iasi that the book was written by Costache (aka Kostache) Negruzzi<sup>3</sup> and Mihail Kogalniceanu<sup>4</sup>, two young men from the nobility of the Principality of Moldova.

Mihail Kogalniceanu also says that the authors aspire to attain a high reputation among chefs and the title of culinary innovators in Moldova. The recipes indeed challenged the established customs of the region. While it would be fascinating to have access to records of traditional Moldovan dishes as they were prepared during that era; regrettably, most of them are absent from the book. As Henry Notaker concludes in his essay (Notaker 1990), the young authors were determined to enlighten Moldovan society by introducing new and revolutionary culinary techniques from the West.

This is how Negruzzi describes old Moldovan cuisine in the historical novella published just one year before the cookbook (Negruzzi 1840):

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<sup>3</sup> Constantin (Costache) Negruzzi (Romanian pronunciation: [konstan'tin (kos'take) ne'grutsi]), 1808 – 1868, was a Romanian poet, novelist, translator, playwright, and politician.

<sup>4</sup> Mihail Kogălniceanu (Romanian pronunciation: [miha'il kogəlni'tʃeənu]), 1817 – 1891, was a Romanian liberal statesman, lawyer, historian and publicist; Prime Minister and Foreign Minister of Romania.

“In Moldova, during that time, the fashion of refined dining had not yet made its entrance. The grandest feast comprised only a few varieties of dishes. Following the Polish borscht, there were Greek dishes simmered with greens, gently floating in butter; then came the Turkish pilaf, and, at last, the cosmopolitan roasts. The tablecloth and napkins were handwoven in-house, made of very delicate fabric. The trays on which the dishes were brought, as well as the goblets, were crafted from silver. In a line beside the walls, several rounded jugs brimmed with wine from Odobesti and Cotnari. Behind each of them, a nobleman's servant stood, poised to pour and replenish.”

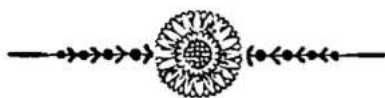
The recipes in the cookbook were drawn from contemporary Austrian, French, German and Hungarian<sup>5</sup> cuisine, along with some commonly accepted recipes. The authors claim in the title, all the recipes were proven, tried and tested, most likely not exclusively by them. The phrasing “tried and tested” is commonly used in old European cookbooks to describe their recipes, suggesting that they have been tested and refined over time and are therefore reliable and effective. The book presents various culinary areas in a very uneven manner, with almost no fish recipes and a significant number of desserts, including puddings, cakes, and jellies.

The source for the translation was the second edition of the book from 1842. The book was printed in a transitional alphabet, which used both Cyrillic and Latin letters. It's written in a beautiful archaic language with many regionalisms and archaisms. As the first cookbook in the Romanian language, it played a significant role in establishing culinary terminology. Like any old cookbook, it contains passages that are unclear. Some of these have been interpreted and explained in the comments within this book. The translator would be grateful for critical feedback and the identification of errors.

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<sup>5</sup> The impact of Hungarian cuisine and culinary terminology was elaborated by Dr. I.K. Nagy (Nagy 2019).

After three decades many recipes from the book were copied by Ecaterina Steriady for her book "Good Housewife" (Steriady 1871) without referencing the source. In XX-XXI centuries the book was reprinted at least eight times. The book still stands as a remarkable testament to Moldovan life during the first half of the XIX century.



## 1. Pounded Soup<sup>6</sup>

Take a chicken and roast<sup>7</sup> it, and also half a loaf<sup>8</sup> of white bread, likewise roasted; the chicken, however, should be cut into pieces. Once the chicken and the bread are roasted, place them in a mortar and pound them well. Then put the mixture into a pot and fill it with good broth<sup>9</sup>, let it boil for an hour.

When it has boiled, strain it through a sieve, and if the broth is too thick, thin it with more clear broth. When it is ready to be poured into the serving bowl, add lettuce and finely chopped gizzard, as well as slices of toasted bread, and it is ready.

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<sup>6</sup> Presumably, this recipe is an adaptation of 10. *Tört lewves, sült tyúkokból* from the Hungarian national culinary book of 1840 (Czifray 1840; or earlier editions). It's worth noting that while there is a close resemblance, it's not confirmed whether one is a direct copy of the other, or if they share a common source. This disclaimer applies to all future references as well.

<sup>7</sup> Romanian text uses the term *prăjăști* which means “fry”. Hungarian recipe however is more specific: “*Süss nyárson tyúkokat szép csendesen*”, which means “Fry chicken on a skewer gently”. So the process is probably closer to roasting on skewers over embers.

<sup>8</sup> In the original text – *franzelă* (from Greek *φραντζόλα* (*frantzóla*), Turkish *francala*) – a white bread of elongated shape, a regional synonym is *bulcă* (from Ukrainian).

<sup>9</sup> In the original text – *zama*, from Greek *ζέμα* (*zéma*), Latin *zema*. In this book, *zama* can mean: 1. broth; 2. liquid in a sauce; 3. soup (meat or vegetable); 4. juice (e.g., lemon juice). In modern Moldovan cuisine, *zama* (also spelled as *zeama*) is a sour chicken soup with homemade noodles and lovage.

## 2. Crayfish Soup<sup>10</sup>

You need to take 20 crayfish and wash them well, then boil them in a good meat broth. Then, remove them and extract the shells and flesh from their claws. Place all these shells in a mortar and grind them very well. Take a small amount of lard and heat it, then add the ground shells to fry slightly, followed by the addition of half a spoonful of flour, allowing it to fry a little more. Strain this lard through a piece of cloth, and place those same shells back into the broth in which the crayfish were boiled to cook thoroughly. The strained lard should then be placed in a pan and heated, adding 1 spoonful of flour, and allowed to swell, but not browned.

After that, pour this mixture back into the broth in which the crayfish were boiled, straining it through a sieve and allowing it to boil a little longer. Finally, cut some toasted white bread loaf and place it on the table, along with the tails and claws of the crayfish. Pour the broth over them and serve it at the table.

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<sup>10</sup> Presumably, an adaptation of the Recipe 35. *Rák leves* (Czifray 1840). In the original recipe, it is mentioned that the soup serves 6 persons.

### 3. Soup with Meat Dumplings<sup>11</sup>

Take 65 *drams*<sup>12</sup> of veal or poultry meat, cut it very finely. Then take a loaf of white bread from which you will grate off the crust, sprinkle it with milk and combine it with the finely cut meat and a small bit of beef bone marrow. Place all these ingredients in a mortar and grind them very well.

Next, take 20 *drams* of lard and heat it until it melts, add 2 whole eggs and 1 yolk, and mix them well together. Then add in the ground meat, along with a little salt, and mix it well. If the mixture appears too thin, add some breadcrumbs.

Then form little dumplings, roll them in breadcrumbs, and fry them in lard until they turn golden. Place them in a bowl and pour over them a brown broth<sup>13</sup>.

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<sup>11</sup> Presumably, an adaptation of the Recipe 30. *Leves, apró hús-gombócczal* (Czifray 1840).

<sup>12</sup> The *dram* is an old unit of weight and volume that was commonly used in the Principality of Moldova in the past. For more details on this and other historical measures, please refer to Appendix 1.

<sup>13</sup> The term “brown broth” (originally *zamă făcută rumână*, literally “browned broth”) may be a reference to the Hungarian dish known as “brown soup” (*4. Barna leves* (Czifray 1840)), which involves browning beef, combining it with broth, spices, and vegetables.

## 4. Soup with Crayfish Dumplings

Melt the suet, add 1 egg, some breadcrumbs, some finely chopped green parsley, salt and pepper, and finely minced crayfish tails. Mix in as much flour as you can hold between three fingers. Knead all this together, form small dumplings and then boil them in soup.

## 5. French Soup<sup>14</sup>

Take a head of Savoy cabbage, kohlrabi, carrots, and potatoes, all in suitable amounts, and slice them as finely as noodles. Then take 4 or 5 mushrooms and cut them into thin slices. Combine all these ingredients and place them over heat with melted lard, allowing them to fry for half an hour. Next, add a little pepper and mace. Pour in some meat broth, and let them boil well. Finally, pour this over slices of fried white bread.

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<sup>14</sup> Presumably, an adaptation of the Recipe 20. *Französische Wurzelsuppe* (Hofbauer 1825) or the Recipe 7. *Frantzia leves, módisan* (Czifray 1840).

## 6. Soup with Turkey Minced Meat Dumplings<sup>15</sup>

Take a piece of roasted turkey breast and a few mushrooms, half a loaf of white bread soaked in milk, a little fresh parsley, and mace. Finely cut all, then pound in a mortar. Add 2 egg yolks and mix thoroughly with the mince.

Next, sprinkle a board with breadcrumbs, place the minced meat on it, and roll it out to about a finger's thickness. Cut it with a cutter into rounds, and fry them. Finally, pour over them brown broth<sup>16</sup>.

## 7. *Rasol*<sup>17</sup> with Mushroom Sauce

Take about 7 mushrooms, clean them well, and slice them. Mince a little fresh parsley. Place a bit of fat skimmed from the broth<sup>18</sup> in a pan. Fry the mushrooms and parsley well. Next, add a bit of flour and let it fry a bit more, then add a ladleful of broth and about 4 spoonfuls of sour cream. Let it simmer a bit longer and pour it over the *rasol*.

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<sup>15</sup> Presumably, an adaptation of the Recipe 23. *Bekötéssel készült leves* (Czifray 1840).

<sup>16</sup> Once again, the term “brown broth” (*zamă arsă* in the original, literally “burnt soup”), as in the Recipe No. 3, might refer to the Hungarian “brown soup”:  
4. *Barna leves* (Czifray 1840).

<sup>17</sup> *Răsol* (Romanian pronunciation: [rə'sol], anglicized as *rasol*) is a traditional Moldovan dish that would be familiar to the book's readers, hence its preparation is not described in the book. Typically, it involves simmering meat or poultry along with vegetables for an extended period. The dish can be served with a modest amount of *zama* (broth) or even without any. It shares similarities with the French dish *pot-au-feu*.

<sup>18</sup> Apparently, where the *rasol* is being cooked.



## 8. *Boeuf à la Mode*<sup>19</sup>

Take a piece of lean beef, but do not wash it; only scrape it thoroughly and beat it slightly. Then, take some *slanina*<sup>20</sup> and cut it very thinly, as well as raw ham. Take a bit of fresh parsley, a little onion, several mushrooms, celery, a little garlic, all these very finely cut, and mix them well with a little salt and pepper. Roll the pieces of *slanina* and ham in these minced ingredients, and then stud the meat with them.

In the pot, place slices of *slanina*, onion, and carrots, and then put the meat on top of these. Cover well and let it boil until it is half done. Afterward, add 50 *drams* of wine<sup>21</sup> and a large spoonful of broth, and let it boil until it is well done. Then, remove the meat onto a platter, skim the sauce of fat, and pour it over the meat, but be sure to strain the sauce beforehand.

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<sup>19</sup> Presumably, an adaptation of the Recipe 149. *Boeuf à la Mode*, or 152. *Gedämpftes Rindfleisch* (Hofbauer 1825), or 248. *Marha hús, módisan* (Czifray 1840). In an Austrian book of 1831 (Zelena 1831) the Recipe *Gedämpftes Rindfleisch* has the second name: *Boeuf à la mode*.

Recipe name in the original text – *Bou de modă* (literally “fashionable bull”) – a neologism that ultimately did not become part of the Romanian language.

<sup>20</sup> *Slănină* (Romanian pronunciation: [slə'niɲə]), anglicized as *slanina* is a product similar to bacon, cured slabs of fatback with or without skin. Unlike bacon, it has little or no lean meat.

<sup>21</sup> In modern French recipes red wine is recommended. However, in older, traditional recipes, white wine was commonly used. This is also true for another dish, *daube drovençale*, which has similarly evolved to incorporate red wine in more contemporary recipes, while older versions recommend white wine.

## 9. Chicken with Peas and Crayfish<sup>22</sup>

Clean the chickens with caution so as not to rupture the skin. Next, take some small peas and sauté them gently with a little green parsley and a bit of butter. Cut pieces of crayfish and fry them in a bit of crayfish butter<sup>23</sup>. Combine these with the peas, add a bit of sour cream, breadcrumbs, and mace. Stuff the skin with this and roast well.

This may also serve to enhance soups.

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<sup>22</sup> Presumably, an adaptation of the Recipe 491. *Csirkék zöld borsóval és rákfarkakkal* (Czifray 1840), including the recommendation to use in soups.

<sup>23</sup> The authors could have known the Recipe 95. *Krebsbutter* from the Austrian cookbook (Hofbauer 1825).

In Moldova, the recipe for crayfish butter was published in Iasi in 1846, as a translation of the French book "Proven Recipes Numbering 500 from the Grand Cuisine of Robert, the First Chef of the French Court, Suitable for All Circumstances", made by Manolachi Drăghici (Drăghici 1846):

"As many times as you clean crayfish, set the shells aside. Remove all that fleshy material from the inside, discard it, and crush the shells finely until they resemble dough. Then add an equal amount of butter and crush them together.

Subsequently, place the dough in a saucepan over the fire, stirring it with a wooden spoon until it melts, then pour it into a dish of cold water, straining it through a sieve, and keep it cool as long as you desire. Many dry crayfish shells in the oven before pounding them, but this is not a very justifiable approach, for all the sweetness comes out of them".

## 10. “Hot” Chickens<sup>24</sup>

Take small chickens and salt them, then place them in a cooking pot with onions, carrots, green parsley, a bit of whole pepper, a pinch of allspice, 3 cloves, and a liquid made of 3 parts water and 1 part vinegar. Allow them to simmer until you deem them to be halfway cooked.

Take a spoonful of butter, let it melt, and then a spoonful of flour, allowing it to swell. Straining the sauce in which the chickens have been simmering, add 3 spoonfuls of sour cream, and placing the chickens back into the pot, leave them to cook some more.

## 11. Chickens with Capers<sup>25</sup>

Take a good spoonful of butter and let it melt. Add 2 spoonfuls of flour and allow it to swell up. Add an onion quartered in four, pour in meat broth to the desired consistency, and let it boil. Then strain it through a sieve.

Add in the chicken, a spoonful of white vinegar, 3 spoonfuls of sour cream, a handful of capers, and very finely minced lemon peel. Adding all of this, let it boil until done.

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<sup>24</sup> Presumably, an adaptation of the Recipe 306. *Heißabgesottene Hühner* (Hofbauer 1825) or the Recipe 493. *Csirke felforrázva főve* (Czifray 1840).

The literal translation from German may explain the atypical for the Romanian language name of the recipe: *pui fierbinți* – hot chickens, and not, for example, *pui fierți* – boiled chickens.

<sup>25</sup> Presumably, an adaptation of the Recipe 307. *Hühner in einer Kapernsauce* (Hofbauer 1825).

## 12. Stewed White Chickens<sup>26</sup>

Take the chickens, remove the bone from the breast and salt them. In a pot lay *slanina* cut into slices, parsley root also sliced, as well as celery [root] and carrots all sliced, whole peppercorns, and mace. Place the chickens on top and cover again with slices of *slanina*. Add 2 spoonfuls of broth over them. On top of the pot, place a white paper, and then the pot's lid on top of it. Let them stew in their own juices.

After they have been boiling for a while, remove the chickens and cover them with the *slanina* that was on top. Over the remaining roots in the pot pour as much meat broth as needed, which you then let boil well and strain. Afterward, place the chickens and mushrooms in it, and let simmer some more.

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<sup>26</sup> Presumably, an adaptation of the Recipe 488. *Csirke, fejéren fojtva* (Czifray 1840).

The Hungarian recipe reveals the reason behind the dish's name by explicitly stating that the chickens are covered with slices of bacon, ensuring that they remain white during the cooking process. Cf. the next Recipe: No. 13. Chickens *au cotton*.

### 13. Chickens “*au cotton*”<sup>27</sup>

Take 2 or 3 chickens for frying them as usual, season them with as much salt as they require. Then, cut thin slices of *slanina* and envelop the chickens entirely with them. Over this, wrap them further in white paper and thus proceed to roast them, taking great care that they do not become brown.

Let their gizzards boil, and when these are cooked, chop them finely along with raw liver, a bit of parsley, chives<sup>28</sup>, and 25 mushrooms. Then take a small amount of butter in a pan, and once it has heated, add this mixture inside and allow them to fry briefly. Sprinkle it with a spoonful of flour and stir, allowing it to fry a little more. Then, pour over it a large ladleful of meat broth, a little salt and pepper, and a spoonful of sour cream, and let it all boil well.

Once the chickens are well-cooked, pour this sauce into a plate, and arrange the chickens inside, in such a way that one cannot tell that the chickens have been roasted.

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<sup>27</sup> Presumably, an adaptation of the Recipe 490. *Csirkék Krottonban* (Czifray 1840).

This method is akin to the technique employed in the previous Recipe (No. 12). However, the origin of the name *Pui au cotton* is somewhat unclear. *Poulet au cotton* is not a term found in traditional French cuisine. When we compare it to the Hungarian name, we can speculate about the influence of the French dish *Poulet en croûte*, in which the chicken is first wrapped in bacon and then covered with a pastry crust (*croûte* in French, with *croûton* as a derivative). Another, more questionable possibility is that the name is derived from the expression *en cretonne*, implying that the chicken is prepared in a manner similar to “upholstery” to ensure it remains white during cooking.

<sup>28</sup> Apparently, the word *harpaciã*, which appears in Recipes No. 13, 15, 84 (in the latter, next to the word *ceapã* (onion)), should be translated as chives. In the Hungarian recipe, the term *metélőhagyma* is used.

## 14. Cutlets with Anchovies

Take a haunch of lamb and prepare cutlets<sup>29</sup>, or make them from ribs. Then take 12 anchovies<sup>30</sup>, cleaned and washed, and finely chop them along with parsley. Spread this finely chopped mixture thinly over the cutlets. Place them in a pan, and squeeze over them the juice of a lemon, along with 50 *drams* of sour cream. Cover them and place embers [also] on top, allowing them to simmer until the liquid is reduced.

Make toasts from a loaf of white bread, then take lamb brains, clean them, and finely chop them with parsley, pepper, and salt. Fry them in a small amount of butter, then spread this mixture on the toast and place toast on top.

Finally, arrange the cutlets on plates and arrange anchovies around them as a garnish.

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<sup>29</sup> The term *pârjoală* (or *părjoală* in the Moldovan regional dialect) in Romanian is versatile, referring to both a whole piece of meat that is grilled, as well as a dish made from minced meat that is fried in lard or butter. See also Recipe No. 33. In the context of the current recipe, the term is more likely to denote a grilled whole piece of meat.

<sup>30</sup> The Romanian term used (*sardele*) is plural for both *sardea* (sardine) and *sardelă* (anchovy). Upon comparison with German and Hungarian sources, it appears to refer to the European anchovy, lat. *Engraulis encrasicolus*.

## 15. Ham with Toasts

Take a piece of ham and place it in water overnight. Then slice it thinly and put it in a pot, adding 1 *litra* of broth, and a glass of white wine, a little green parsley, a bit of chives, and ground pepper. Let this boil until the ham softens, making sure the broth is not salty.

Allow it to reduce well, then fry slices of white bread, and pour the sauce over them. Make a garnish, either of fried potatoes or mushrooms.

## 16. Pigeons *en papillote*<sup>31</sup>

Take 4 or 5 pigeons, clean them, and cut them in half lengthwise. Season them with salt, and flatten them slightly with a knife blade.

Then, take fresh parsley, onion, mushrooms, pigeon liver, a few anchovies, pepper, and grind all these together. Next, cut *slanina* into thin slices.

Place the pigeons on a sheet of white paper, and place on the paper the thin slices of *slanina*. Spread the ground mixture on the inner side of the pigeons, and then place *slanina* again on top, repeating this for each [half of the pigeon]. Cut the paper neatly around them, then place them on a grill rack greased with butter. Cook them on low heat until they are done.

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<sup>31</sup> Pigeons in parchment wraps. Presumably, an adaptation of the Recipe 223. *Galamb, papíros tekertsben* (Czifray 1840) or the Recipe 358. *Tauben in Papilloten* (Hofbauer 1825).

## 17. Braised Pigeons<sup>32</sup>

Take 2 or 3 pigeons, clean them, and arrange them nicely and neatly in the pot, seasoning them with salt. Place at the bottom of the pot a few slices of *slanina*, and sliced onions and carrots. Place the pigeons on top and let them cook until they become golden-brown.

Then remove them, and into the same pot add a little flour, stirring until it too becomes golden-brown. Add meat broth and a little vinegar, a bit of lemon peel, and whole peppercorns. Let it boil well. Then strain through a sieve, add a pinch of pepper, 2 spoonfuls of sour cream, and return the pigeons back into the pot. Allow them to boil thoroughly.

Afterwards, arrange a wreath of puff pastry<sup>33</sup> or any other garnish around them, and then serve them at the table.

## 18. Braised Crayfish

After washing the crayfish well, place a small piece of butter in a pot to heat up, and add a handful of finely chopped green parsley. Then, place the whole crayfish in, along with salt, and allow them to cook briefly. Afterward, add a spoonful of sour cream and let them cook down until reduced.

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<sup>32</sup> Presumably, an adaptation of the Recipe 504. *Galamb, befojtva* (Czifray 1840).

<sup>33</sup> See the Recipe No. 157 and the related comments.



## 19. Stuffed Eggs<sup>34</sup>

Take 6 eggs and hard-boil them. Cut them in half, having first peeled them.

Then take crayfish tails finely chopped, a loaf of white bread from which the crust has been removed and the crumb soaked in a little milk. Put into a mortar the crayfish, the bread, 1 whole [raw] egg, and 5 spoonfuls of sour cream; also take a small piece of crayfish butter. Grind all these together well.

Then take some chopped crayfish, put them in a pan with some chopped mushrooms, a bit of chopped parsley, some green peas, and a bit of crayfish butter. Simmer them until reduced, then let them cool.

Mix this with the other ingredients, and place half of it in a mold greased with butter. Place the halved eggs in the mold, and put the remaining mixture on top, and then place it in the oven.

## 20. “Spinach” from Red Cabbage<sup>35</sup>

Firstly, thoroughly wash the cabbage, scald it twice with boiling water. Then, set it to simmer until tender. After draining it, slightly brown some flour in lard. Finely mince the cabbage and introduce it into the flour, frying it well. Then, add 2 ladles of meat broth, season with pepper and salt, and a piece of sugar. Incorporate 2 spoonfuls of sour cream and as many chestnuts as you desire, and simmer a little. Finally, plate it and garnish it all around with sausages or cutlets.

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<sup>34</sup> Presumably, an adaptation of the Recipe 238. *Buktatott tojás* (Czifray 1840).

<sup>35</sup> Presumably, an adaptation of the Recipe 367. *Kék káposzta gesztenyével* (Czifray 1840).

The dish is called “Spinach” most likely due to its resemblance to the conventional XIX century cooking method for spinach, which involved initial blanching followed by braising or stewing.

## 21. Tongue with Anchovy Sauce<sup>36</sup>

Boil the tongue in a pot. Take anchovies and sliced *slanina*. Remove the tongue from the pot, and swiftly peel off its skin. Stud the tongue with anchovies and sliced *slanina* and put it on skewers [and place over embers].

In a pan, put a piece of butter and a little sour cream. Pour over the tongue about three times, then generously sprinkle it with breadcrumbs. Squeeze also some lemon juice, pour the sauce once again, and remove it from the skewers. Place it on plates, pour the sauce over it, and it's ready to be served at the table.

## 22. Aspic of Calf's Head<sup>37</sup>

Divide the calf's head and boil it with salt and a little parsley; also add 2 onions, a bit of thyme, and lemon peel. Remove it and place it in cold water.

In the remaining broth, put a calf's foot to simmer with whole peppercorns and cloves until it reduces to  $\frac{1}{2}$  *oca*. Then strain the broth through a cloth, squeeze lemon into it and strain again.

Next, remove the bones from the head, cut it neatly, and arrange it in a mold. Pour the broth over it and let it set until firm.

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<sup>36</sup> Presumably, an adaptation of the Recipe 281. *Zungen am Spieß gebraten, mit Sardellen Sauce* (Hofbauer 1825).

<sup>37</sup> Presumably, an adaptation of the Recipe 696. *Kocsonyaszerűleg készült borjúfej* (Czifray 1840).

## 23. Crayfish Sausages

First, make some pancakes and let them cool. Then cut them into quarters to roll sausages the length of a finger.

Take tips of asparagus, mushrooms, and crayfish tails; the mushrooms should be previously sautéed with a bit of butter until tender. Then chop all of these together. Place a small amount of crayfish butter in a frying pan and heat it; add the mixture into the pan and allow it to fry. Remove it from the heat, add 1 whole egg and 1 yolk, mix it together, and let it cool slightly.

Then, spread the mixture thinly onto pieces [of pancakes], roll them into sausages, and arrange them nicely on buttered plates. Half an hour before serving, pour over a bit of cream and place them on embers. If you wish, you may garnish them with fried crayfish tails.

## 24. French Eggs

Take eggs and hardboil them, then beat a little butter and mix it well with the eggs, and also add a little green parsley. Shape them just like regular eggs.

Then, dip them in egg white, and roll thoroughly in breadcrumbs. Fry them in butter, then add a garnish.

## 25. Spinach with Pancakes

Take 4 eggs and 1 heaped ladle of flour, add 4 spoons of milk and mix well, and season with salt. Put butter in a pan to heat, and then pour a thin batter, and prick it with a knife, and let it brown. When it is browned on one side, turn it over to the other.

Then prepare the spinach as is customary, and place a layer of spinach and a layer of pancakes, and thus arrange them on plates.

## 26. Fried Bread with Brains

Take brains and finely chop them with salt, parsley, and pepper, then mix them all together.

Cut thin slices of bread and spread the brains mixture onto one slice, then place another slice on top. Cut these into pieces about a finger's length in width. Roll them in egg and breadcrumbs, then fry them in lard and place them in soup.

## 27. Stuffed Artichoke

Take the artichokes and trim away their thick leaves, and then boil them in water until they soften. Next, beat a little butter and take some bread soaked in milk, and scoop out a little from the artichokes. Mince this pulp either with a bit of meat or with crayfish tails, and mix it with butter. Then, put 1 egg inside, add a little salt and pepper, and stuff the artichokes. Boil them briefly, then arrange them on plates, and top them with a sour cream sauce.

## 28. Potatoes with Anchovies<sup>38</sup>

Wash the potatoes and peel them, then place a bit of butter in a pan to melt. Roll each potato in flour and place them in the [melted] butter, covering them until they become golden brown. Next, grease a plate with butter, pour a little sour cream, and slice the potatoes into rounds. Take a few anchovies, clean them, slice them thinly, and layer them amongst the potatoes. Sprinkle breadcrumbs on top.

Then, place a bit of lard and a bit of chopped onion in a pan, melt it, and pour this over the potatoes. Finally, put it back on embers for a little while.

## 29. Stuffed Savoy Cabbage<sup>39</sup>

Select heads of moderate size and hollow out their insides. Then boil these scooped-out cores with salt. Take meat and chop it finely with a bit of onion, a bit of bread soaked [in milk], and the cooked cabbage core.

Next, beat a little butter, add 2 whole eggs, a sprinkle of salt, pepper, and 2 spoonfuls of sour cream, and thoroughly combine all this. Stuff the hollowed-out cabbage with this mixture, shaping it like a form, and tie it with twine. Boil it in salted water; then slice it and arrange the slices on plates. Finally, prepare a sauce to drizzle over the top.

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<sup>38</sup> Presumably, an adaptation of the Recipe 423. *Burgonya szardellával* (Czifray 1840).

<sup>39</sup> Presumably, an adaptation of the Recipe 428. *Káposzta töltve* (Czifray 1840).

### 30. **Browned Kohlrabi**

Take the kohlrabi, clean them and then slice them lengthwise. Next, melt a bit of butter in a pan and place the kohlrabi slices therein. Allow them to soften whilst stirring to ensure they do not burn. Then, add 2 spoonfuls of flour and 2 spoonfuls of broth, a bit of salt, and cook until golden brown.

### 31. **Cow's Udder<sup>40</sup>**

Boil the udder until it softens, then cut it into thin pieces. Coat them with butter and roll them in breadcrumbs. Afterwards, fry them in lard, [taking care] not to brown them excessively. Add a bit of sour cream and parsley, and cook until it thickens.

### 32. **Meat Sausages<sup>41</sup>**

Take 90 *drams* of meat and finely chop it with green parsley. Then take a bit of bread soaked in milk, and also take a piece of butter the size of an egg and beat it until soft. Add 2 whole eggs and 1 yolk, and combine them with the mince. Add a little lemon peel, salt, pepper, 2 tablespoons of sour cream, and 2 tablespoons of breadcrumbs, and mix well.

Then shape into sausages, roll them in eggs, and then in breadcrumbs, and fry them in lard.

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<sup>40</sup> Presumably, an adaptation of the Recipe 291. *Schnite von einem Euter, grillirt, auf einer Kräutersauce* (Hofbauer 1825) or the Recipe 459. *Tehén tölgy* (Czifray 1840).

<sup>41</sup> Presumably, an adaptation of the Recipe 478. *Rántott kolbász* (Czifray 1840).

### 33. Stuffed Cutlets

Make cutlets<sup>42</sup> either of veal or lamb meat, but not ground, and boil them in broth; then set them on a plate.

For 12 cutlets, take 90 *drams* of roasted meat, a little bread soaked in milk, and finely chop them together. Then add a bit of marrow, lemon peel, parsley, salt, pepper, and 2 eggs, and mix them well together.

Spread this mixture not too thickly over the cutlets, place them in a pan with a little lard, and let them simmer [covered] until they are done. Then place them on plates and make a sauce for them.

### 34. Stuffed Tongue<sup>43</sup>

Boil the tongue until it softens, then clean it. Afterward, slice it lengthwise and remove the meat from the middle. Chop up this meat together with a bit of bread soaked in milk.

Beat 20 *drams* of butter until soft, then add 2 whole eggs and 2 yolks, salt, pepper, lemon peel, and parsley. Fill the tongue with this mixture. Bind it tightly with twine, wrap it in paper, and roast it in the oven. Then, prepare a sauce of anchovies or another sauce, and pour it over the top.

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<sup>42</sup> See the comment for Recipe No. 14.

<sup>43</sup> Presumably, an adaptation of the Recipe 634. *Fasırozott nyelv* (Czifray 1840).

### 35. Lamb Dish

Cut slices of lean meat, beat them, and salt them. Then place them in a pot with a little butter, parsley, onion, carrots, thyme, and lemon peel, all finely chopped. Add these to the butter, and place the slices of meat on top, leaving them to brown.

Then remove the pieces of meat and add a little more lard, 2 tablespoons of flour, a bit of broth over the chopped slices, a little sour cream, and let them simmer. Then strain the sauce through a sieve, and place the meat [back] in the sauce, letting it boil a little more.

### 36. Stuffed Meat Slices

Take round slices of meat and beat them well.

Then, take roasted meat and a little bread soaked in milk and chop them finely. Add some morel mushrooms and lemon peel, and a pinch of pepper, 2 eggs, and 2 tablespoons of sour cream, and mix them all well together; then spread this filling over the slices of meat. Place them [with] a little lard or *slanina* in a pan, set them on the embers until they brown.

Then take another pan, add a little lard, 2 tablespoons of breadcrumbs, a bit of broth, 50 *drams* of sour cream, a bit of saffron, juice from half a lemon, and let them boil well.

Place the slices of meat on plates, and pour the sauce over the top.

The same can be done with the meat of a roe deer.



## 37. Roe Deer Breast with Sauce<sup>44</sup>

Wash the breast of venison, remove the bones, season with salt, then place in a cauldron and add: wine, vinegar, and water. Then add an onion studded with cloves inside, thyme, rosemary, pepper, and ginger, and let the venison breast sit there until softened. After that remove it.

Place a bit of butter and 3 small chopped onions in a cauldron and place the breast inside, allowing it to brown on both sides; then add 3 tablespoons of breadcrumbs over the breast, and let it brown a little more. Pour over it the vinegar in which the breast was soaked, just as much as is needed for the sauce, add a bit of sour cream and lemon peel, a little burnt sugar, and let it simmer for another half hour. Then place it on a plate, and pour the sauce over the top.

## 38. Toasts with Almond Filling

Take 40 *drams* of crushed almonds, add 3 yolks and 2 beaten egg whites, lemon peel, and 20 *drams* of sugar, and mix until it thickens. Then cut slices of bread about a finger's thickness, and spread the almond mixture on the slices, and place others on top; roll them in egg yolk, and fry them in beef lard. When fried, place them on plates and sprinkle them with sugar and cinnamon, and pour over them wine that has been heated with sugar. Then place them on embers; embers both above and below.

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<sup>44</sup> Presumably, an adaptation of the Recipe 673. *Őszegy mártással* (Czifray 1840).

### 39. Studded Beef or Veal Loin<sup>45</sup>

Take the loin, carefully clean it, and salt it. Then take 1 portion of vinegar and 2 of water, add a few onions, carrots, and lemon peel, 2 bay leaves, and whole peppercorns, and boil them well. Then pour the hot liquid over the loin, cover it, and let it stand for 12 or 24 hours in a cool place.

After that, take the loin and stud it [with *slanina*, garlic...], making three or four rows. Take the onions and carrots and place them in a cauldron, and the loin on top, place embers [also] above and let it simmer for two hours until it browns, then pour 1 *litra* of sour cream over the loin, and let it remain on the fire for another quarter of an hour until the sauce browns. Then place the loin on a platter and pour the sauce over it.

### 40. Veal Loin Rolls<sup>46</sup>

Take loin or lean meat and fry it. Cut [part of] it into thin slices, beat them with a knife and lightly salt them.

The remaining meat should be chopped finely with fresh parsley, lemon peel, bread soaked in milk, and a little sour cream. Then spread this minced mixture thinly over the meat slices and wrap them roundly.

Next, place a little *slanina* or lard in a cauldron, add onions, a bay leaf, some thyme, and carrots, all sliced. Place the wrapped slices on top, salt them, and pour over enough vinegar and water to cover them, and let them boil. When they are ready, place the meat on a platter and strain through a sieve as much sauce as needed over it.

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<sup>45</sup> Presumably, an adaptation of the Recipe 682. *Spékelt vesepecsenye* (Czifray 1840).

<sup>46</sup> Presumably, an adaptation of the Recipe 681. *Betekergedett vesepecsenye* (Czifray 1840).

## 41. Wrapped Slices of Meat

Take meat and cut it into slices elongated and as wide as the hand, and very thin; beat them and salt them.

Then boil the brains in salted water, remove their membranes, chop them finely, and sauté them with parsley on lard. Add a little onion, salt, pepper, a handful of breadcrumbs, and a spoonful of broth, and let them boil a bit, and then cool. Afterwards, chop a small piece of *slanina* finely, mix it with the said stuffing, spread it upon the meat slices, wrap them up and tie them with twine.

Next, place in a pot some lard, onions, and carrots with the meat on top, and cook until it is reduced and browned. Remove the slices and put in 2 spoons of flour to brown; then add some broth, a little vinegar, and lemon peel, and let it boil. Strain the sauce, place the meat inside and add 2 spoons of sour cream, and let it reduce. Finally, arrange the wrapped slices in rows on a platter, pour the sauce over, and sprinkle with lemon peel.

## 42. Dough for Pastries<sup>47</sup>

Take equal amounts of flour and butter, salt it, slice the butter into the flour, knead well with a rolling pin, but not with your hand. Add 2 eggs, and as much sour cream as to not make it too stiff, and mix it well with a knife. This dough must not be too stiff, nor should it be touched by hand. Roll it out three times as thinly as possible, and keep folding it from all sides, adding only as much flour as necessary.

This dough can be used for whatever you desire, and the butter must be soft.

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<sup>47</sup> Presumably, an adaptation of the Recipe 1001. *Porhanyó tészta készítésének módja* (Czifray 1840).

It resembles a shortcrust pastry and is utilized in Recipe No. 45.

### 43. Dough for Pâté<sup>48</sup>

Place 220 *drams* of flour on a table, slice 132 *drams* of butter, and 44 *drams* of fresh lard, and blend them well with a rolling pin. Add salt, 2 whole eggs and 2 yolks, along with 8 spoons of sour cream, and mix it well with a knife. Roll it out twice, then fold it into quarters and let it rest for an hour. Afterward, roll it very thinly, and do as you please with it.

### 44. Beaten Dough for Pâté

Beat 177 *drams* of fresh lard until soft, add 6 spoonfuls of wine one at a time, 7 egg yolks, mix well for an hour. Then add flour such that the dough is neither too stiff nor too soft, add 2 more spoonfuls of wine and 2 of sour cream, lemon peel.

Then roll out the dough on a mold, and place within it whatever filling you desire, and bake it slowly, pouring the sauce over it after you have sliced it open.

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<sup>48</sup> In French cuisine, *pâté en croûte* is commonly encased in a dough.

## 45. Pâté of Minced Meat<sup>49</sup>

Take 177 *drams* of veal, a bit of onion, lemon peel, and breadcrumbs soaked in milk. Finely chop these ingredients together with the meat, then add 2 whole eggs into it and mix thoroughly. Take [another] 3 eggs, a small piece of butter, and a bit of milk. Cook this mixture, and mix it together with the other ingredients. Into this, incorporate those 2 aforementioned eggs<sup>50</sup>. Then cook the liver with a little sauce and lemon juice.

Make the dough as described in Recipe No. 42, and line the bottom of a mold to a finger's thickness with the dough. Then layer half of the above-mentioned minced mixture, place the cooked liver, and then the other half of the minced mixture, shaping it roundly. Roll out the dough and cut strips with a toothed wheel, and lay them over the mince like a lattice. Brush the top with egg and bake for three-quarters of an hour.

When you place it on plates, you may decorate the openings [in the lattice] with asparagus tips, or with crayfish tails.

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<sup>49</sup> Presumably, an adaptation of the Recipe 1035. *Vagdalt pástétom* (Czifray 1840).

<sup>50</sup> There seems to be a confusion in the original text regarding the 2 eggs and when to add them to the mince. This fragment is described more thoroughly in the Hungarian recipe: "Make a thin roux from 3 eggs, a small piece of butter, and a little milk or water. Crush everything finely in a mortar, take it out, mix in 2 whole eggs, and let it sit".

## 46. Pâté of Pigeons<sup>51</sup>

Clean and salt pigeons, and allow them to lightly stew with a small amount of wine, broth, onions, bay leaves, and lemon peel.

Then, prepare a filling of veal meat, lamb sauce<sup>52</sup>, a little gizzards<sup>53</sup> and the livers of pigeons; salt, pepper, and lemon peel. Coat the pigeons with this filling.

Make a crust using Recipe No. 43 or No. 44, and place the stuffed pigeons within. Make also a lid from the same dough, brush with egg white, and bake. Place it on a platter and cut the top open. Pour in any sauce you desire, then replace the lid and serve it forth onto the table.

## 47. Preserving Common Beans, Peas, and Faba Beans

Place a cauldron of water to boil, and after it has boiled, introduce the beans into it, but only briefly before swiftly removing them. Then, lay them out on a table to dry in the sun until thoroughly dry. This applies [not] only to common beans, but as well to peas and faba beans.

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<sup>51</sup> Presumably, an adaptation of the Recipe 1033. *Galamb pástétom* (Czifray 1840).

<sup>52</sup> Most probably, it refers to roasted lamb drippings, perhaps fortified with a bit of broth, wine, butter, or other seasonings.

<sup>53</sup> There seems to be an error in the original text. The term *măduvă* is used, which actually means “bone marrow”. In the Hungarian version of the recipe, pigeon gizzards (*galambok' zuzzáját*) are specified.

## 48. Green Peas with Lettuce Heads<sup>54</sup>

Quarter the lettuce and scald them in boiling water. Drain the water, then in a cooking pot add either butter or lard, and lay a layer of green peas followed by a layer of the lettuce. In the middle, place a fried chicken, and allow it all to simmer covered until everything softens. Then add a small amount of flour and parsley, allow it to brown slightly. Pour in as much broth as is appropriate, and let it simmer a bit longer. Thereafter, arrange it beautifully in the platter.

## 49. Green Peas

Having shelled the young green peas, toss them into boiling water, and allow them to come to a good boil. Then strain them well through a sieve, and spread them out on a baking tray. Place them in the oven, which should not be too hot but rather allow them to dry slowly. When you wish to use them in cooking, place them in cold water to boil.

## 50. Preserving Green Peas<sup>55</sup>

Fill a bottle with peas, and close it tightly with a cork. Place it in a pot of cold water and bring it to a boil for an hour and a half. After removing it from the heat, let it remain in that same pot until it cools.

When you take it out, leave [the peas in] the bottle and store it in a dry place.

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<sup>54</sup> The word *căpăține* in the original title refers to the head variety of lettuce – *Lactuca sativa* var. *capitata*.

<sup>55</sup> Presumably, an adaptation of the Recipe 1567. *Zöld borsó eltartásának módja* (Czifray 1840).

## 51. Sweet Carrot Dish

Take  $1\frac{1}{2}$  *litras* of carrots, sliced lengthwise and thinly. First, bring them to a brief boil and drain them well of water.

Then place them in another clean pot, along with 1 *litra* of crushed sugar, and pour boiling water over them until they are fully covered. After the water has reduced by half, add lemon peel as deemed necessary. Once it has reduced further until only about 4 tablespoons of water remain, squeeze the juice of 2 lemons over it. When it is ready, arrange it on plates, and serve it hot at the table.

## 52. Goose Liver in Sauce

Salt the livers and stud them with lemon peel. Then put a little lard or butter in a pot, chopped onions, the livers and dill. Allow them to simmer briefly.

Add a bit of flour and let it brown slightly. Then add broth and sour cream, a few drops of vinegar, and pepper. Let it come to a brief boil again, and then serve.



## 53. Sour Cream Dumplings with Crayfish

Take 20 *drams* of butter and beat it until soft, then add 4 whole eggs one after the other. Add 4 spoonfuls of sour cream and a pinch of salt. Then add enough flour to make a thick dough.

Place  $\frac{1}{2}$  *oca* of milk into a pot and let it come to a boil. Make dumplings with a spoon and place them in the boiling milk until cooked as needed.

Take chopped crayfish tails, grease a plate with butter, and arrange a layer of dumplings. Sprinkle over the chopped crayfish and a little sour cream, and continue layering until [the dumplings] run out. On top, place whole crayfish tails and add sour cream; crayfish above and below. Let it simmer until it turns brown.

## 54. Semolina Dumplings<sup>56</sup>

Take a small piece of butter and beat it until soft. Beat into it 2 eggs, one after the other. Add 5 tablespoons of semolina, salt, and 2 tablespoons of sour cream. Mix all well together.

Form the dumplings and fry them in lard, then place them in soup to boil slightly.

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<sup>56</sup> Presumably, an adaptation of the Recipe 179. *Sült dara gombóc* (Czifray 1840).

## 55. Brain Dumplings<sup>57</sup>

Take brains and cleanse them of their membrane, and chop them finely with parsley. Add 2 eggs, salt, pepper, and fry them slightly over embers with a little butter. Then proceed to grind them with some bread soaked in milk. Beat in a little crayfish butter and mix with the ground mixture. Add also 1 egg and a bit of breadcrumbs.

Form the dumplings, and cook them in soup.

## 56. Crayfish Dumplings<sup>58</sup>

Soak bread in milk, and finely chop it with crayfish tails, parsley, and lemon peel. Then take crayfish butter the size of an egg, and beat it in. Add crayfish, 2 whole eggs, and 1 yolk, salt, 2 spoonfuls of sour cream, and some breadcrumbs. Mix all well together, form the dumplings, and boil them in soup.

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<sup>57</sup> Presumably, an adaptation of the Recipe 36. *Leves agyvelő gombóccsal* (Czifray 1840).

<sup>58</sup> Presumably, an adaptation of the Recipe 185. *Rák gombóc* (Czifray 1840).

## 57. Dumplings of Breadcrumbs with Almonds

Take 40 *drams* of butter and, while beating it, introduce a bit of water into it gradually. Then, add in a handful of crushed almonds, 7 eggs, and enough breadcrumbs to form a somewhat stiff dough. Make dumplings and boil them in soup. This serves 14 people.

## 58. Meat Dumplings

Take 177 *drams* of minced meat and mix it with 1 *litra* of milk and 2 eggs. Incorporate 2 or 3 handfuls of bread soaked in milk. Pour in melted butter, about the size of half an egg. Add a pinch of mace and knead the dough well. Make dumplings and boil them in broth.

## 59. Goose Liver with a Circle of Rice Around<sup>59</sup>

Take goose livers, wash them, season with salt, and place them in a pan. Underneath the livers, place 9 to 10 slices of onion, and carrots cut into rings. Stud the livers with cloves, and then add  $\frac{1}{2}$  *litra* of sour cream, a handful of breadcrumbs, and a few pieces of butter or good lard. Cover with a lid, place embers both underneath and on top, and let them cook well for an hour. Afterward, remove the livers, and take the fat off the sauce. Pour a few spoonful of broth onto the remaining roots and cloves, and reduce it immediately. Then, place the livers on a plate where the rice circle should be ready, and pour the sauce over it.

This circle of rice<sup>60</sup> is prepared as follows: Take a small piece of butter and heat it. Add chopped parsley, 83 *drams* of rice, an onion cut in four, and a bit of pepper. Then let it all simmer for one hour, occasionally adding some broth to ensure the rice doesn't burn. As soon as the rice softens, remove the onion and pepper, and incorporate a piece of crayfish butter. Then, in another pan, melt a small piece of butter, add some fresh parsley, and a few chopped mushrooms. Let them reduce, adding also a touch of ground pepper. When it has reduced, incorporate a little flour, 1 or 2 spoons of sour cream, and let it reduce again. Arrange abovementioned rice in a beautiful circle around a plate. Then, across, place a row of mushrooms and a row of crayfish tails, [spacing them] about two fingers apart to look like a decorative ribbon. Once the circle is complete, place the goose livers with their sauce in the middle.

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<sup>59</sup> Presumably, the first part of the recipe is an adaptation of the Recipe 209. *Lúd-máj riskása kerítésben* (Czifray 1840).

<sup>60</sup> The term "circle of rice" might be a direct translation from the Hungarian word *kerítésben*, which means "garnish". In other instances in this book, the authors use the term *garnitură* for garnish.

## 60. Roasted Wild Duck

After cleaning, place the duck in a bowl. Boil vinegar mixed with a little water, a bit of lemon peel, bay leaves, and allspice. Pour it boiling over the duck and leave it for about two days.

Then, wrap six rows of *slanina* over the duck's breast, and place the duck to roast. Take some of the vinegar in which the duck had been marinating, the amount you reckon necessary for the sauce, add a spoonful of sour cream, and baste the duck with this while it roasts.

Once roasted, place it on a plate, pour the sauce over it, and serve it on the table.

## 61. Roast Loin or Haunch of Roe Deer<sup>61</sup>

Take the thoroughly washed haunch or loin, and let it sit for two hours in salt.

Then mix vinegar with water in a small pot, and add 2 whole onions, spiking each with 4 cloves, a celery [root], 1 garlic clove, 2 bay leaves, lemon peel, a few juniper needles, and some whole pepper. Boil all these with the vinegar. Place the haunch in a bowl and pour the boiling vinegar over it to cover. Leave it for two or three days, basting it twice daily with that same vinegar.

Afterward, remove the purple membrane from it, and stud it densely with *slanina*. Place it to roast, adding some of the strained vinegar, as you reckon necessary for the sauce, to the pan placed under the roasting meat<sup>62</sup>. Add also a spoonful of sour cream, and while roasting, continually baste it with this sauce until well-cooked. Then, after placing it on plates, pour the sauce over and it's ready to serve.

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<sup>61</sup> Presumably, an adaptation of the Recipe 1333. *Őzcomb sülvé, őzhát sülvé* (Czifray 1840).

<sup>62</sup> It appears that the pan is meant to be positioned under the meat only during the basting process to collect drippings. It is not intended to obstruct roasting. Hungarian recipe only recommends basting with sour cream mixed with marinade.

## 62. Chicken Fried in Butter<sup>63</sup>

[Take] a carefully cleaned chicken and cut into four pieces; season it with salt to taste and let it rest for an hour. Then, place a generous amount of butter in a clay pan and allow it to boil.

Afterwards, roll the chicken pieces in wheat flour, moisten them in cold water, and then roll them in breadcrumbs from white bread. Place them in the pan with the butter. Once they are nicely browned on one side, turn them over to evenly brown on the other side, and they are ready [to serve].

## 63. Fried Lamb

Take lamb meat and cut it into slices, then boil it with a bit of butter.

After it has cooled, dip it in egg, coat it well with breadcrumbs, and fry in lard. Then, arrange it on plates and garnish with parsley on top.

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<sup>63</sup> Presumably, an adaptation of the Recipe 1306. *Rántott csirke* (Czifray 1840).

## 64. Stuffed Turkey<sup>64</sup>

Take a turkey, clean it well, and then cut the skin along its back. Using a knife, remove the bones up to the wings and legs, being careful not to cut the skin.

Then take about  $\frac{1}{2}$  *oca* of veal meat, a goose liver, and a bit of *slanina*, and chop them, but not too finely. Also take some truffles or mushrooms, chopped similarly, and sauté all this together with a little butter, fresh parsley, chives<sup>65</sup>, salt, and pepper. Then, transfer the mixture to a bowl, adding 1 whole egg and 1 egg yolk, and mix well. With this, stuff the turkey and sew the skin on its back.

After this, cut very thin slices of firm *slanina*, with which you wrap the turkey, tying it on top with twine. Then place it in a cauldron, adding 3 spoons of beef broth,  $\frac{1}{2}$  *litra* of white wine, some fresh parsley, and chives. Let it simmer slowly, and when the turkey is tender enough, remove it and place it somewhere to keep warm. Remove the fat from the sauce and strain it through a sieve, letting it boil until only a little remains.

After unwrapping the *slanina* from the turkey, place it on a plate, and pour the reduced sauce over it. Arrange small fried potatoes around on the plate.

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<sup>64</sup> Presumably, an adaptation of the Recipe 508. *Fasırozott pulyka* (Czifray 1840).

<sup>65</sup> In the Romanian text, the term *hagimă* appears exclusively in this recipe. It is a loanword from the Hungarian *hagyma*, which means “onion”. While modern Romanian has the derivative *hașmă* for “shallot”, we’ve chosen to translate *hagimă* as “chives” in this context as the Hungarian recipe uses *metélőhagyma* (chives) and not *mogyorhagyma* (shallot). For further reference, see the commentary on Recipe No. 13.



## 65. Fried Chickens

Clean the chickens and cut them into quarters. Season them with salt. Beat the whites of 2 eggs, use it to coat the chicken pieces, and then sprinkle them with breadcrumbs. Fry them well, and serve with a garnish.

## 66. Stuffed and Roasted Chickens

Clean [the chickens] and salt them. Remove the livers and gizzards, and chop them with parsley. To this, add 2 eggs, 4 spoonfuls of breadcrumbs browned in butter, salt, and a little sour cream.

Stuff the chickens [with this], then tie them with twine and roast them on a spit, frequently basting with butter. When they are ready, arrange them with parsley.

## 67. Cow Cheese

Immediately after milking [the cow], pour the milk into a cauldron of 3 *vadras*, or depending on the quantity of the milk. Add a very small amount of rennet and place it on the heat, intending for it to curdle by about the third hour. Continuously mix it with your hand until you can no longer bear to keep your hand inside. Then, stir it with a wooden split stick until the milk forms into small lumps the size of hazelnuts.

When these lumps begin to stick to each other, transfer them to a cloth strainer, and then place them in a *tipar*<sup>66</sup>. Salt it with coarse salt in four stages: first, a little; the second time, after 12 hours, a bit more; the third, after 24 hours, even more; and the fourth, again after 24 hours. Then remove the cheese from the *tipar* and place it on a board to dry, letting it sit for about four to five days.

The *tipar* should be round and about the size of a sieve.

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<sup>66</sup> A *tipar* (Romanian pronunciation: [ti'par]) is a cheese mold and press, used not only to shape but also to imprint a distinctive mark or brand onto the cheese wheel.

## 68. *Branza zburata*<sup>67</sup>

Immediately after milking the cow, place the milk on the fire to boil. As it boils, take a ladle of sheep's soured milk and add it to the cow's milk until it covers the milk on top. Allow it to continue boiling until it curdles.

Afterward, pour it into a cheesecloth, letting it drain thoroughly. Remove it from the cheesecloth, placing the curd on a rack until it drains well. Then knead it until it becomes creamy. Salt it as needed and knead it well once more.

Then, adding a little salt to the vat<sup>68</sup>, pound the cheese with a large wooden pestle, and scatter a little more salt on top. Cover it with hazel leaves, and seal [the vat] with clay.

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<sup>67</sup> *Brânză* (Romanian pronunciation: [ˈbrɪnzə]), anglicized as *branza*, is the generic word for “cheese” in Romanian.

*Brânză sburată* (or *zburată* in modern spelling; pronounced as [ˈbrɪnzə zbuˈratə]) is a homemade cheese popular in Moldova and other regions of Romania, also today. It is made from boiled cow's milk with the addition of naturally soured milk. It is sometimes called *brânză dulce* (sweet cheese) as it is not matured in salt brine.

The name's origin and meaning is somewhat uncertain. *Zburată* translates as flown or scattered (by the wind). There is a regional expression *lapte zburat*, which means soured milk. Popular etymology also interprets it as “crumbled cheese” (*zburată* in the sense of *împrăștiată*, meaning scattered). The name bears some resemblance the Italian term *cacio sburrato*, which refers to defatted cheese. Notably, in a modern reprint of the book, the term is presented as *brânză zăurată* without clarifying annotations, leaving it ambiguous whether it's an editorial oversight or an allusion to *zăr* (Moldovan spelling of *zer*, meaning “whey”).

<sup>68</sup> Refers to *putină*, a wooden vessel, typically cone-shaped with the broader base at the bottom, commonly used for storing cheeses, pickles, and the like.

## 69. Corned Meat

Take the cuts from the hind thigh and lean meat of a cow, and carefully clean it of veins and skin. Then cut it into pieces of 2 or 3 *ocas* each, and lay them in a vat, arranging one layer of meat followed by one of salt.

Add spices in the following manner: for 1 *oca* of salt, use 50 *drams* of saltpeter, 25 *drams* of pepper, 25 *drams* of allspice, 25 *drams* of bay leaves, and a little garlic.

Place a layer of meat, followed by a layer of salt mixed with saltpeter and the other spices, and continue this until the vat is full. Then, apply a press.

After a week, this preserved meat is ready to eat. This meat can also be cooked like hams.

## 70. Loin

Take loin from a cow or pig and clean it thoroughly, then wash it with water. Let it soak for two or three days in water, then remove and arrange it in a trough, placing a layer of loin followed by a layer of salt.

For 1 *oca* of salt, add 50 *drams* of saltpeter, 25 *drams* of pepper, and a little garlic.

Lay a layer of meat and a layer of salt with saltpeter and pepper, and so on, layer by layer. Then pour wine until it covers the meat, and let it sit for three or four days.

Removing it from the wine, place it on a table under a press for three days. Then, using the edge of the satyr<sup>69</sup>, pound it well on both sides. Stuff these meats, together with lard, into cow casings, neither too thin nor too thick, and wrap them in loops securing with twine. Leave them to air for two days, then smoke them.

After two weeks, they can be consumed. When they has been smoked for three or four weeks, take them out and store in a box with sifted ash, and they will preserve very well outside.

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<sup>69</sup> Satyr (from Turkish: *satir*) – a kitchen knife, short, wide, and heavy.

## 71. Salami

Take lean meat and the cuts from the hind thigh of the pig, and clean it very thoroughly. Next, chop and pound the meat until it softens.

Then take *slanina*, chop it, and mix it with the meat. Add salt: for 1 *oca* of salt, use 50 *drams* of saltpeter, and as much pepper as you deem fit, with a little garlic. Mix these well with the meat. Tightly stuff this mixture into cow casings using the sausage stuffer. Secure them with twine in a neat loop.

Allow them to air dry for two to three months, then smoke them. After that, proceed with them as with the loins<sup>70</sup>.

## 72. Tongues

Take the tongues and clean them thoroughly. Arrange them in a vat, layering a row of tongues followed by a row of salt. For 1 *oca* of salt, add 50 *drams* of saltpeter and a little garlic. Continue layering in this manner until the vat is full, then place a press atop.

After they have rested for ten days on one side, turn them to the other side for another ten days.

Then, remove them and expose them to the open air during the day and press them at night until they dry out. After that, smoke them.

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<sup>70</sup> It refers to the preceding Recipe, No. 70.

### 73. Turkey *Toba*<sup>71</sup>

Take a turkey, clean it, and put it to boil. Then, gently remove its skin, and also strip the meat from the bones. Grind the meat finely, mixing it with soft pulp of bread. Depending on the amount of minced meat, incorporate 5 or 6 eggs. Season it with a little salt, pepper, allspice, cinnamon, and lemon peel, mixing everything together thoroughly.

Now, form a cake from this mince, about a finger thick. Layer onto this cake slices of tongue, ham, beef feet, rabbit meat, *slanina*, pickled cucumbers, and layer them all. When the cake is fully layered, fold it in half, wrap it in the turkey skin, then encase the whole in a clean cloth, tied at the ends. Simmer it in the broth in which the turkey was previously boiled.

When it's cooked through, remove it and place it under a press to set its shape. Once done, it's ready to be served.

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<sup>71</sup> *Toba* (*tobă*, Romanian pronunciation: [ˈtɔbə]); in the book, an older version is used: *dobă*) is a kind of a traditional Romanian delicatessen similar to head cheese, Polish *salceson* or German *Sülze*.

## 74. Beef Pastrami<sup>72</sup>

Take a well-fed two or three-year-old young bull, remove all the lean meat along with the fat. Then, cut it into pieces, of 2 *ocas* each and with a thickness of just three fingers. Place these pieces in a trough, layering them with one row of meat and one row of salt, and turn them over every day for eight days.

After eight days, remove them, wash them in two waters, and fry a small piece to check if it's salty enough. If it's too salty, rinse them again. Then, lay a cloth on a table, arrange the meat pieces on the cloth, place another cloth on top, and press them with a weight. Leave them like this for 24 hours.

Next, take  $\frac{1}{2}$  *oca* of saltpeter, 100 *drams* of sifted caraway seeds, 20 heads of garlic, and 5 hot peppers, all finely crushed. Mix them together thoroughly, and moisten them with 1 *oca* of good wine. Then, take the meat pieces and coat them on both sides with this spice mixture. Let them sit in a trough for a day to absorb the flavors.

After that, thread them on a string and hang them outside to air and dry thoroughly. When they are well-dried, they can be eaten both uncooked and roasted.

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<sup>72</sup> Pastrami, known as *pastramă* (pronounced as [past'ramə]) in Romania, is a traditional Romanian dish typically made from beef brisket. In more modern variations, it may also be prepared using lamb, pork, chicken, or turkey. The preparation process involves brining the raw meat, partially drying it, seasoning it with a blend of herbs and spices, followed by smoking and steaming to achieve its distinctive flavor and texture. The name, and to some extent, the technique, comes from the Turkish *pastırma*.

Pastrami was highly regarded in Moldova, and the expertise of Wallachians and Moldovans in this field extended to Constantinople, where in XVII century they comprised the majority of the pastrami producers' guild (Turkish *pastırmacı*) (Székely 2008, 185).



## 75. **Pork Pastrami**

Take a pig's leg for pastrami and wash it well. Then sprinkle it with saltpeter as needed, [also with] allspice, salt, and garlic. Place it in brine to sit for three weeks.

After that, remove it and let it rest for three days in a press. Then smoke it for four weeks with moderate smoke. After smoking, if desired, it can be boiled with wine, with addition of 3 onions, bay leaves, and rosemary. Let it simmer for an hour and a half, at most two hours, and then it's ready.

## 76. **How to Boil Ham**

First, put it to boil for half an hour in water only. Then add wine to the water, less than the water. Also add caraway seeds, allspice, and any other spices you desire. After it boils, remove it from the water. Once it has cooled down sufficiently, it's ready.

## 77. Hams

For hams, as soon as you remove them, while they are still warm<sup>73</sup>, take 250 *drams* of crushed saltpeter, sprinkling about a good handful of saltpeter for each ham, leaving them until the next day only in saltpeter.

On the second day, add salt, completely covering them with it. Stack them in pairs, and turn them every day. Sprinkle them with the remaining brine, and keep them for seven days if they are small, or ten days if they are large.

Then, take them out, place them in a press for four days, and afterward, put them in smoke and keep them until Easter<sup>74</sup>.

## 78. Semolina Dumplings for Soup

Take 1 *litra* of broth, add 50 *drams* of semolina and let it boil thoroughly, then allow it to cool. Next, take 40 *drams* of butter [beaten until] soft, add 4 whole eggs and 2 yolks, a little parsley, and breadcrumbs. Mix them with the semolina, grease a mold with butter, place the mixture inside, and bake it.

Afterward, cut it into pieces and put it in the soup. This soup serves 10 people.

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<sup>73</sup> See the previous Recipe, No. 76.

<sup>74</sup> In Moldova, pigs were traditionally slaughtered on the day of Saint Ignatius (December 20<sup>th</sup> of the Julian calendar; in the Gregorian calendar, this corresponds to January 2<sup>nd</sup>).

## 79. Meat-Laden Bread Slices for Soup

Take lamb meat, chicken livers, and parsley, and finely chop them together. Then, melt a bit of butter and add 2 tablespoons of breadcrumbs and the mince. Season with a little salt and pepper, and let it brown.

Next, add 1 whole egg and 2 tablespoons of sour cream, and mix them well. Slice small pieces of white bread loaf, spread the mixture on top, and fry them in lard. Finally, place them in the soup until they come to a boil.

## 80. *Trahana*<sup>75</sup> for Soup

Allow cow's sour milk stand for a week, stirring regularly until it curdles thoroughly.

Afterwards, for 10 *ocas* of sour milk, add 30-40 eggs and sifted wheat flour to make a stiff dough, but without any yeast. Knead it three times daily over a week, then crumble it into smaller pieces and lay them out to sun-dry.

Continue to break down these pieces until they reach a size fit for grating. Grate the dried pieces through a sieve [or grater], ensuring they are dried well afterward. This will yield good *trahana*.

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<sup>75</sup> *Trahana* (Romanian pronunciation: [traha'na]; also known as *tarhana*, from the Turkish word *tarhana*) is a type of noodle made from dough mixed with sour milk, popular in the cuisines of Central Asia, Southeast Europe and the Middle East.

## 81. Horseradish Sauce with Almonds<sup>76</sup>

Take 5 tablespoons of sour cream, ½ tablespoon of flour, and mix them well together. Next, stir in a ladle of meat broth, a handful of finely ground almonds, a piece of sugar, and a handful again of grated horseradish. While stirring, bring the mixture to a gentle boil. Pour this [sauce] over *rasol*<sup>77</sup>.

## 82. Cold Mustard Sauce for *Rasol*<sup>78</sup>

Take 4 hard-boiled eggs, 3 boneless anchovies cleaned thoroughly, a little onion, some parsley, and chop them all together finely. Move them to a bowl and add mustard, a little sugar, vinegar to your liking. Having stirred well, use it atop your *rasol*<sup>79</sup>.

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<sup>76</sup> Presumably, this recipe is an adaptation of 103. *Mandelkren* (Hofbauer 1825) or 302. *Mandola torma, módisan* (Czifray 1840).

<sup>77</sup> See the comment to the Recipe No. 7.

<sup>78</sup> Presumably, this recipe is an adaptation of 112. *Senffauce* (Hofbauer 1825) or 307. *Hideg mustár-mártás* (Czifray 1840).

<sup>79</sup> See the comment to the Recipe No. 7.

## 83. Tomato Sauce

Place tomatoes in a dough trough or vat and mash them with a stick. Allow them to sit for one to two days.

Afterwards, decant the liquid from the top, and simmer the [remaining] pulpy mixture until it considerably thickens. After that, strain it through a sieve and boil it again until it becomes quite thick. Then spread it on a baking sheet and dry it in the oven.

Next, cut it into pieces, thread them on a twine, and hang them up.

## 84. Chive Sauce for *Rasol*

Put some butter in a pan and melt it. Introduce 3 tablespoons of flour and 2 tablespoons of finely chopped chives, and sauté a bit.

Next, add onions, a little sour cream and vinegar, a little salt, and a little chopped chives. Make the sauce and pour it over *rasol*<sup>80</sup>.

## 85. Mushroom Sauce

Put a little butter in a pan and melt it. Then, stir some parsley, finely slice a few mushrooms and fry them gently in the butter. Add a bit of flour and let it brown. Then, add a little onion, a splash of red wine, and salt. This sauce can be used to pour over both cutlets<sup>81</sup> and chicken.

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<sup>80</sup> See the comment to the Recipe No. 7.

<sup>81</sup> See the comment to the Recipe No. 14.

## 86. Sour Cream Sauce for Eggplants<sup>82</sup>

When the eggplants are half-roasted, mix well 1 *litra* of flour and 1 *litra* of sour cream and brush them with this mixture to shield them against burning.

To the remaining sauce, add a little lemon peel and thyme and let it simmer gently. If the sauce is not thick enough, add a spoonful of flour to brown it. Then pour it over the roasted eggplants.

Capers can also be added to this sauce.

## 87. Butter Sauce

Warm a small amount of butter until just melted. Add 3 tablespoons of flour and let it swell a bit, without browning. Next, add broth and 3 tablespoons of sour cream, let it simmer until it reduces, and then [the sauce] is ready.

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<sup>82</sup> Presumably, this recipe is an adaptation of 350. *Tejfel mártás vadsülthöz* (Czifray 1840).

## 88. Tomato Paste for Winter Preservation

Take very ripe tomatoes, and cutting them in two or three, place them in two or three preserving pots, filling them solely with the tomatoes without adding any water. Next, put them on the fire and continuously stir with a wooden masher to crush them, taking care not to let them burn, and let them boil well until they thicken.

After that, pass them through a coarse sieve, and then place the paste back into very clean pots, and let it boil again until it achieves the consistency of plum jam. When it's almost ready to be taken off the heat, add a bit of sifted flour to thicken further.

Afterward, pour it into jars which should be straight both at the bottom and the top. Let it cool down properly. After that, melt some lard and while it's hot pour it over the paste until it's about a finger thick, and then let it solidify. This way, it can be kept without spoiling throughout the winter.

## 89. Aspic<sup>83</sup>

Take a cauldron of 5 *ocas* and put the following inside: 6 pork feet, 4 veal feet, a veal head without the brains, 1 *font* of smoked ham, a little salt, a little black pepper, and the same amount of allspice. Fill the cauldron with water, and simmer for two hours.

Afterward, in a pot, place a few slices of *slanina*, onion, carrots, and kohlrabi, 1 *font* of mutton, and 1 *font* of good beef bones, broken into pieces. Cover it with a lid and let it simmer on embers just long enough for it to brown without burning.

When it's well browned, pour it into the 5-*oca* cauldron where the broth is boiling, and let it boil again for another hour. Then strain it through a fine sieve, and add a little more than 1 *litra* of vinegar, and again let it boil for another hour.

Then, in another pot, take 3 egg whites with their shells, beat them well with a spoon. Pour the boiling broth over them and beat them well, placing in hot ash, and after half an hour, strain them. Spread a cloth and place absorbent paper on top, then pour the broth slowly over it so it filters clearly. If it cools down, you can warm it up again if needed, and once cooled, use it as you wish.

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<sup>83</sup> In the book, both meat jellies and dessert jellies are referred to as *zalatînă* (pronounced as [zala'tinə]). This term is believed to be a neologism coined by the authors and may have been influenced by Greek culinary vocabulary. In modern Romanian, for dessert jellies, borrowings from French such as *jeleu* or *gelatină* are commonly used, while for meat dishes, terms like *răcitură* and *piftie* (possibly originating from Persian *pшти* through Greek or Turkish) are used.



## 90. Jelly of Oranges (a)

Take 16 *drams* of gelatin<sup>84</sup>, cut it into small pieces, and soak it in half a glass of water. Then, add 75 *drams* of sugar and melt it with [another] half glass of water; when it begins to boil, mix in the gelatin and 1 egg white. Afterward, strain the mixture through a cloth.

Extract the juice from 12 oranges, ensuring it's strained, and combine the juice with the sugar syrup. Pour the mixture into molds and place them in ice to solidify.

Follow this procedure for all jellies, using an equal amounts of sugar [syrup] and whichever juice you choose to use.

## 91. Jelly of Raspberries (a)

Squeeze juice from  $\frac{1}{2}$  *oca* of raspberries<sup>85</sup>, then add the juice of 4 lemons and 60 *drams* of sugar, letting it simmer slightly until the sugar melts. Next, add 10 *drams* of previously boiled gelatin and give it a brief boil.

Then, pour it into a mold placed on ice. When you wish to unmold it, warm the mold in hot water.

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<sup>84</sup> In the first half of the XIX century, gelatin, referred to as *clei* (meaning “glue”) in the book, was apparently made from beluga sturgeons (lat. *Huso huso*). This was known as *clei de moron*, or in modern spelling, *clei de morun*, in Moldova.

<sup>85</sup> *Rubus idaeus* (also called red raspberry or European red raspberry).

## 92. Jelly of Lemons

Take 120 *drams* of lump sugar and boil it with 5 lemons. Then, squeeze juice from 10 lemons and strain it to be clear. Afterwards, mix it with  $\frac{1}{2}$  *oca* of water and pour over the sugar. Boil and add gelatin as in the recipe for raspberry jelly<sup>86</sup>.

## 93. Jelly of Vanilla

Boil  $\frac{1}{2}$  *oca* of cream, then let it cool. Take 50 *drams* of sugar with 1 *dram* of vanilla, and pound them finely. Place them in a pot and add 9 egg yolks, beating them well with a chocolate stick<sup>87</sup>. Add the cream and continue to beat it well.

Afterwards, place it over embers, stirring continuously, and beat until it begins to slightly thicken. Transfer it to a clean pot and stir until cooled. Then, add 7 *drams* of gelatin cooked in milk, mix well, and pour into a mold.

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<sup>86</sup> Recipe No. 91.

<sup>87</sup> During the XVIII and XIX centuries, Europeans commonly mixed and frothed chocolate using a special tool called *molinillo*. This tradition persists today in Latin America and the Philippines.

## 94. Jelly of Red Currants

Take 88 *drams* of cleaned red currants and place them in a pot with 120 *drams* of sugar and 50 *drams* of water. Allow it to boil thoroughly, then strain it through a cloth and put it back to boil until it starts to set on a spoon. Then, immerse the pot in cold water.

Take a plate and place on it red currant berries, pour a portion of the jelly over them, then more berries, layering in this manner until it's finished. Decorate the top with whole sprigs of red currants and serve on the table.

## 95. Jelly of Violets

Take 60 *drams* of violets<sup>88</sup>, using only the petals from the flower, and scald them with 1 *litra* of boiling water. Let it stand until petals become transparent.

Then, pour this water over 40 *drams* of sugar, add the juice of 2 lemons, and allow it to boil briefly. Then, add 3 *drams* of melted sturgeon gelatin. Let it cool and strain it through a cloth into a mold.

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<sup>88</sup> Lat. *Viola odorata*.

## 96. Jelly of Wild Strawberries

Take 265 *drams* of ripe wild strawberries<sup>89</sup>, squeeze the juice of 2 lemons over them, cover, and let them sit for a while. Then, in a pan, add 70 *drams* of sugar and 150 *drams* of water, letting it boil well. Add 5 *drams* of melted sturgeon gelatin and continue boiling.

Once boiling, pour it over the strawberries and let it stand until the strawberries lose their color. Stirring well, strain it through a cloth into a mold, and place it on ice.

## 97. Jelly of Milk

Boil 1 *oca* of milk and let it cool. Then, whisk in 2 egg yolks and sugar to your desired sweetness. Next, add the foam from 10 egg whites. Place it on embers, continuously beating it until it thickens. Strain through a cloth into a mold and place on ice. Garnish with [finely] cut pistachios.

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<sup>89</sup> Lat. *Fragaria vesca*, commonly called the wild strawberry, or European strawberry.

## 98. Jelly of Quince

Boil 6 large quince in water until they soften, then strain the water and allow the quince to cool. Clean them and pass them through a sieve. In a dish, combine half of the quince and half of the water in which the quince were boiled, 10 egg yolks, and sugar to your desired sweetness.

Place it over embers and stir until it thickens, without allowing it to boil. Then, add the remaining quince and the juice of 2 lemons. Beat with a whisk until it becomes frothy. Arrange it on plates in pyramid shapes and garnish around with almond flakes<sup>90</sup>. This jelly should set in a cool place.

## 99. Jelly of Coffee with Milk

Roast 40 *drams* of coffee, adding around 10 almonds as you do so. Then, grind it and boil in 3 *litras* of milk. Once the coffee has settled, strain it through a cloth, and add sugar to your desired sweetness. Add 8 *drams* of melted sturgeon gelatin, strain again through a cloth into a mold, and place it in a cool place.

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<sup>90</sup> It is not clear whether the Romanian term used (*scoarță de migdale*, literally “almond peel”) is a reference to cookies from Recipes No. 143-146 (similar to how French *tuiles* are served with deserts); or it should be translated as “almond flakes” (*așchie de migdale*).

## 100. Jelly of Fresh Sour Cherries

Take  $\frac{1}{2}$  *oca* of sour cherries and crush them with their pits. Place them in a large bowl, and pour over them 1 *litra* of warm water. Cover it and let it sit in a cool place until the next day.

On the second day, squeeze out the juice through a cloth, add sugar to the desired sweetness, and some lemon peel. Set it to boil thoroughly. Then, add 5 *drams* of melted gelatin and the foam from 1 egg white, allowing it to boil once more. Afterwards, strain it two or three times through the cloth into a mold set on ice.

## 101. Jelly of Raspberries (b)

Take  $\frac{1}{2}$  *oca* of raspberries, and boil them well. Pour over them 1 *litra* of warm water, and let it sit in a cool place until the next day.

On the second day, strain the juice and add sugar to the desired sweetness, and some lemon peel. Allow it to boil thoroughly for half an hour, then add 5 *drams* of melted gelatin, letting it boil once more. Strain it into a mold set on ice.

## 102. Jelly of Oranges (b)

Crush 84 *drams* of sugar, take 4 large oranges and 2 lemons. Place the sugar in a pot, squeeze the juice from those oranges and lemons over it, add  $\frac{1}{2}$  *oca* of good wine, and allow it to boil well for half an hour.

Then, add 10 *drams* of melted gelatin, give it another boil, and strain it into a mold set on ice.

## 103. Potato Pudding

[Take] 60 *drams* of boiled potatoes and 40 *drams* of butter placed in a mortar, and mash them well together. Then, transfer them to a dish. Add the yolks of 8 eggs, one at a time, 20 *drams* of pounded almonds, of which a few should be bitter, and 20 *drams* of pounded sugar. Add the peel of half a lemon, and after mixing them for about an hour, whip the whites of 4 eggs to a froth and fold them into the mixture.

Grease a mold with butter, pour the mixture inside, and bake at a low temperature. As soon as it is baked, serve it immediately on the table, sprinkling sugar on top.

## 104. Chocolate Pudding

[Take] 40 finely pounded almonds and 30 *drams* of powdered sugar. [Add] 2 whole eggs and 8 egg yolks, one at a time, mixing for about an hour. Introduce 20 *drams* of grated chocolate and a little well-pounded vanilla, and mix everything well. Beat the whites of 3 eggs to a froth, fold them into the mixture, and pour everything into a mold greased with butter. Then, place it in a moderately hot oven.

## 105. Wild Strawberry Pudding

[Take] 200 *drams* of wild strawberries passed through a sieve, and 40 *drams* of powdered sugar dissolved in 5 spoons of water. Boil until it starts to thicken, then introduce the wild strawberries and continue boiling until thickened. Afterwards, transfer the mixture to a dish and allow it to cool.

Squeeze the juice of 1 lemon and add a spoonful of sugar, stirring this with the wild strawberries for about an hour. Beat the whites of 6 eggs, incorporating them a spoonful at a time until all are mixed in. Towards the end, grate the peel from half a lemon.

Place the mixture on a buttered dish, shaping it like a brick, and bake in a moderate oven. Serve promptly as it tends to settle.

## 106. Sour Cherry Pudding with Almonds

[Take] 40 *drams* of finely ground almonds, 30 *drams* of powdered sugar, the peel of 1 lemon, 4 whole eggs, 4 yolks, and 4 beaten egg whites. Mix these in a dish, stirring them for about an hour.

Grease a mold with butter and [sprinkle with] breadcrumbs, then pour in a third of the mixture, placing it in the oven to bake lightly. Then, when you take it out, take sour cherries without pits, sprinkled with sugar, drain the juice, and spread them on top. Then, adding another portion [of the almond mixture], put it back in the oven and let it bake a little more. Next, take it out again and sprinkle more sour cherries on top, add the remaining [mixture] and return it to the oven to bake thoroughly. Sprinkle sugar on top and serve at the table.



## 107. Sour Cherry Pudding (a)

[Take] 200 ripe sour cherries and boil them briefly until they're slightly softened. Pour them onto a sieve to drain their juice, then remove the pits and cut each cherry into three parts.

Then, take 3 coffee cups of breadcrumbs and moisten them with enough cream so that they aren't dry. Beat 20 *drams* of butter until soft, to the cherries add breadcrumbs, lemon peel, and 40 *drams* of sugar. Combine all this with the butter. Add 2 whole eggs and 4 yolks, stirring them for half an hour. Next, beat 4 egg whites and fold them into the mixture.

Grease a mold with butter and [sprinkle with] breadcrumbs, pour [the mixture] into it, and place it in the oven.

## 108. Wine Pudding

[Take] 15 *drams* of butter and heat it in a pot. Add the crumbs from 4 white loaves, allowing them to swell. Then pour in 100 *drams* of white wine, letting it boil while stirring. Allow this [mixture] to cool.

Beat 20 *drams* of butter until soft. Introduce 3 whole eggs and 4 yolks, one after the other. [Add] the peel from 1 lemon and 30 *drams* of sugar. When well combined, beat 4 egg whites, and gently fold them [into the mixture].

Grease a mold with butter and [sprinkle with] breadcrumbs, pour in the mixture, and place it in the oven.

## 109. Sour Cherry Pudding (b)

[Take] 40 *drams* of butter, beaten until soft. Add 8 egg yolks, one after the other, 40 *drams* of finely pounded almonds, 40 *drams* of crushed sugar, 4 egg whites, and mix all this for an hour.

Next, fold in 6 tablespoons of very finely crushed breadcrumbs and mix gently. Take 160 *drams* of well-ripened sour cherries and swiftly fold them inside.

Pour [the mixture] into a mold, that has been greased and sprinkled with breadcrumbs, and bake it for half an hour.

## 110. Egg Yolk Pudding

Take the yolks of 6 hard-boiled eggs and a quarter part<sup>91</sup> of peeled almonds very finely pounded in a mortar. Beat until very soft a  $\frac{1}{4}$  *font* of butter, then mix into it the ground yolks and almonds. To this, add 4 whole eggs and 4 egg yolks, and mix them well. Add pounded sugar to taste and pounded vanilla.

Next, take the whites of 3 other eggs and beat them into a firm froth. Mix it gently with the rest, and transfer everything into a mold greased with butter. Make a circle around it with well-buttered paper and bake gently in the oven.

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<sup>91</sup> It likely refers to a quarter of the total volume of the yolks.

## 111. Coffee Pudding

Roast a  $\frac{1}{4}$  *funt* of coffee beans. Remove them from the roaster, transfer to a pot and scald them with 1 *litra* of boiling cream. Allow it to infuse for half an hour.

Next, strain the milk over 50 *drams* of flour, mixing it continuously, and let boil well. Let this mixture cool. Beat 30 *drams* of butter until soft, and add the mixture to it. Incorporate 8 egg yolks, one at a time. Add sugar to your desired sweetness and continue to mix for half an hour. Beat 6 egg whites, and then gently fold them in.

Grease a cake mold with butter, pour [the batter] in, and bake for half an hour. The oven should not be too hot.

## 112. Emperor's Pudding

Take  $\frac{1}{2}$  *funt* of sugar and pour in 50 *drams* of water. Let it sit briefly, then boil it until it thickens well. Take  $\frac{1}{2}$  *funt* of raspberries and pass them through a sieve. Add to the sugar and let it boil until it becomes thick.

After cooling, mix in 15 *drams* of butter beaten until soft, a  $\frac{1}{4}$  *funt* of finely ground almonds and 20 *drams* of breadcrumbs moistened with milk. Also add 2 whole eggs, and 4 yolks. Add the raspberries inside, and pound for half an hour. Afterwards, fold in the whipped whites of 3 eggs, and mix gently.

Pour the mixture into a cake mold greased with butter and bake it at a low temperature.

### 113. Rice Pudding with *Chaudeau*

Take 1 *litra* of rice and boil it well in  $\frac{1}{2}$  *oca* of milk. Allow it to cool, then mix in 40 *drams* of soft butter, 7 egg yolks, and 20 *drams* of sugar rubbed with lemon, blending them well together. Add 6 beaten egg whites, pour it into a mold, and bake it.

Once done, prepare the *chaudeau*<sup>92</sup> and pour over the top.

### 114. Carrot Pudding

Take carrots, wash them, then boil with salt and let them cool. Once cooled, grate them.

Take a bit of butter, and beat it until soft. Beat 2 eggs for every 2 spoonful of grated carrot. Mix in a little breadcrumbs, some crushed almonds, a bit of sugar, and some lemon peel.

Grease a mold with butter, pour the mixture inside, and bake it.

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<sup>92</sup> French dessert, prepared in a water bath from egg yolks whipped with white wine and sugar. See also Recipes No. 117, 118.

## 115. Meat Pudding<sup>93</sup>

Take 177 *drams* of veal or lamb meat, a little marrow, 1 onion, lemon peel, parsley, and some bread crumb soaked in milk; mince all these very finely. Then, take 20 *drams* of butter, and beat it until soft, mixing it well with the minced meat. Add 4 whole eggs and 2 spoonfuls of breadcrumbs, stirring them thoroughly.

Grease your pot with butter and sprinkle with breadcrumbs, then pour in the mixture. Place embers both below and above until it's nicely browned. Afterwards, cut into handsome slices and surround them with fresh herbs.

## 116. Lamb Pudding

Take lean lamb meat, place it with a little butter, onion, and salt to simmer slightly, then finely mince it along with parsley and bread soaked in milk. Take a piece of butter and beat it, add 4 or 5 eggs and mix them with the minced meat, then add a little sour cream and breadcrumbs.

Grease a mold with butter, and place a portion of the mince, smoothing it out with a spoon on top. Then place crayfish tails or morels; add another portion of the mince, then asparagus or cauliflower, or even kohlrabi or green peas, and again, add a layer of the mince. Let it steam, and top it off with whatever sauce you might desire.

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<sup>93</sup> In European XIX century cookbooks savory puddings were more common than they might be in modern-day cooking.

## 117. Emperor's Pudding

Moisten the crumb of 2 white loaves in milk and cut it into small pieces. Next, pound 40 *drams* of almonds with the bread together. Add 2 whole eggs and 6 yolks, 30 *drams* of sugar, a little vanilla, and 50 *drams* of milk and mix well. Beat 2 more eggs and mix them in.

Grease the mold with butter and sprinkle with breadcrumbs, then pour the mixture in. Place the mold in a cauldron of boiling water and let it steam for an hour. Afterwards, turn it out onto plates.

To make the *chaudeau*, place 15 egg yolks in a pot with 100 *drams* of wine and vanilla, and sugar to taste, making sure it is sweet. Place it over embers, stirring continuously with a chocolate stick<sup>94</sup> until it thickens and swells, then pour over the pudding.

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<sup>94</sup> *Molinillo* (see also the comment on Recipe No. 93).

## 118. Pudding with *Chaudeau*

Mix 6 ladlefuls of flour with  $\frac{1}{2}$  *oca* of milk; ensure the milk is cold and gradually incorporate it into the flour. Then, place it on the fire, stirring continuously until it thickens, and let it cool. Beat 20 *drams* of butter until soft and mix it into the milk and flour mixture. Add 1 whole egg, 6 yolks, sugar, and vanilla, and stir for half an hour. Next, whip the whites of 4 eggs to form a froth, and fold this into the mixture. Grease the mold with butter, pour in the mixture, and steam it.

For the *chaudeau*, take 1 *litra* of milk, 5 eggs, 30 *drams* of sugar, and vanilla. Put them over the fire, stirring continuously with a chocolate stick<sup>95</sup> until it begins to thicken. Pour this over the pudding, or instead of *chaudeau*, pour warmed vanilla vodka over it.

## 119. Potato Pudding<sup>96</sup>

Take 177 *drams* of boiled and cooled potatoes, passed through a grater. Take 80 *drams* of butter, beaten until soft. Add 9 egg yolks, one at a time, lemon peel, and 30 *drams* of sugar, and mix well. A pinch of salt, then add the potatoes into this mixture and blend thoroughly. Add also 2 spoonfuls of breadcrumbs. Beat the whites of 9 eggs and fold them in.

Grease the mold with butter and sprinkle with breadcrumbs, pour the mixture inside and bake in the oven like other puddings.

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<sup>95</sup> *Molinillo* (see also the comment on Recipe No. 93).

<sup>96</sup> Cf. Recipe No. 103.

## 120. Bread Pudding

Take 30 *drams* of butter beaten until soft, 45 *drams* of ground almonds, and 45 *drams* of sugar, lemon peel, and mix them together. Moisten 20 *drams* of breadcrumbs with a spoonful of wine, and blend them well with the butter. Then add 1 whole egg and 4 yolks, and mix for half an hour. Finally, fold in the beaten whites of 3 eggs.

Grease the mold with butter, pour the mixture in, and steam for three-quarters of an hour. Then turn it out onto plates, and prepare *chaudeau* or serve with fruit preserves.

## 121. Chocolate Pudding

Take 44 *drams* of pounded almonds, and 30 *drams* of sugar, add 2 whole eggs, and 5 yolks one at a time, and mix for an hour. Then take 20 *drams* of chocolate, a bit of vanilla, and blend them in. Next, beat 3 eggs and add them as well.

Pour the mixture into a mold to bake. This serves only 8 persons.



## 122. Pudding with Almonds and Pistachios

Take 44 *drams* of butter and beat it until soft, then take 44 *drams* of ground almonds and 10 egg yolks, adding them one by one, and mix for an hour. Next, prepare 20 *drams* of finely chopped and cleaned pistachios, then add 40 *drams* of sugar and blend them all together until well mixed.

Transfer this mixture to a mold, ensuring the mold is buttered and sprinkled with breadcrumbs. Place it in the oven to bake. This serves 6 persons.

## 123. Crayfish Pudding called Meridon<sup>97</sup>

Take breadcrumbs from 2 white loaves and soak them in milk. Then, beat 25 *drams* of crayfish butter until it becomes soft, and mix it with the soaked breadcrumbs. Add 40 or 50 crayfish tails and legs, 50 *drams* of green peas previously sautéed in butter, a pinch of salt, 2 whole eggs, and 5 egg yolks, introducing them one at a time, mixing them well. Next, add 5 beaten egg whites.

Grease the mold with crayfish butter and arrange crayfish tails, green peas, or asparagus tips, then pour in the pudding mixture and steam it for an hour.

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<sup>97</sup> Presumably, an adaptation of the Recipe 480. *Krebs-Meridon* (Hofbauer 1825) or 1051. *Rák meridon* (Czifray 1840). See Appendix 2 for the history of the name Meridon.

## 124. Lemon Pudding

Take 42 *drams* of finely ground almonds and sprinkle them with the juice from half of a juicy lemon. Then, take 42 *drams* of sugar, melt it with 2 spoons of water, and let it thicken slightly. Pour the hot syrup over the almonds and mix it until it cools down.

Once it has completely cooled, add 2 whole eggs and 6 egg yolks, one at a time, mixing for three-quarters of an hour. Add lemon peel and the beaten whites of 3 eggs.

Butter the mold, pour the mixture in, and bake gently. This serves 6 to 8 not-so-hungry people.

## 125. Lemon Pudding

Break 6 whole eggs into  $\frac{1}{2}$  *oca* of milk, add a little lemon juice and cook until the milk curdles. Then, strain and press out the curd thoroughly, letting it cool.

Beat 42 *drams* of butter until soft, and mix the butter with the curd, adding a bit of bread crumb soaked in milk. Incorporate 66 *drams* of ground almonds, 4 whole eggs, 5 yolks, adding them one at a time, peel from 2 lemons and sugar to taste. If desired, add a handful of pistachios. Mix well and pour it into a mold.

## 126. *Invarțita*<sup>98</sup> with Chocolate

For ½ *oca* of flour, add 1 egg yolk, 1 whole egg, and as much warm water as needed.

After allowing the dough to rest, roll it out as thinly as possible and let it cool slightly. Drizzle it with 1 tablespoon of butter infused with chocolate, 2 grated chocolate pieces. Add 40 *drams* of ground almonds and 15 *drams* of sugar, combining them and then sprinkling over the dough. Next, moisten the dough with 5 spoons of cream.

After pouring cream to a level of about 1 *palmac*<sup>99</sup> deep into the mold, roll up the *invartita* and place it inside. Add embers both underneath and on top, baking until *invartita* subsides.

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<sup>98</sup> *Învârtită* (Romanian pronunciation: [invir'titə]), anglicized as *invartita*, is a traditional pastry akin to a strudel. Its name is derived from the Romanian verb *învârti* which means “to roll up”.

<sup>99</sup> About 3.48 cm, see also Appendix 1.

## 127. *Invarianta* with Ham

Prepare the dough as for other *invariantas*, but add a piece of butter the size of an egg. Mixing it with flour, make the dough as needed, then let it rest.

Afterwards, roll it out and, while doing so, baste it with butter. Beat 2 eggs and spread about  $\frac{1}{2}$  *litra* of sour cream, brushing the dough with it. Then, spread finely chopped cooked ham over the top. Roll up the *invarianta*, place it on a buttered tray, and put it in the oven.

## 128. Crayfish *Invarianta*

Prepare the dough as for other *invariantas*, only adding butter the size of an egg, and mix it with flour. From 40 crayfish, take the chopped tails and claws, and breadcrumbs from more than half a loaf of white bread, drizzling them with cream.

Then take a piece of crayfish butter and beat it until soft. Add 1 whole egg and 2 yolks, the breadcrumbs, drizzle [them as well with cream]. Add also 4 spoons of cream. Mix well, adding also a little parsley or lemon peel.

Roll the dough very thinly and let it dry slightly, then brush with crayfish butter, and evenly distribute the filling. Roll up the *invarianta*, and place it on a buttered tray, then put it in the oven and bake thoroughly.

## 129. Linzer Torte<sup>100</sup>

Place 60 *drams* of fresh butter in a bowl, and beat it until soft. Take 160 *drams* of peeled almonds, finely ground like flour, moisten them with water and incorporate them into the butter, stirring for a quarter of an hour. Add 80 *drams* of sifted sugar, mix in 2 whole eggs, the peel and juice of 1 lemon, continuing to stir for another three-quarters of an hour. Finally, incorporate 40 *drams* of high-quality sifted flour, and knead well for about ten minutes.

Butter your baking tray and place it in the oven. Ensure the oven's temperature is similar to that for baking *alivanca*<sup>101</sup>. When it is halfway baked, remove the tray, spread jam on top, and return it to the oven until fully baked. Yet, it should not stay in the oven for more than a quarter of an hour.

## 130. Almond Torte (a)

Take 80 *drams* of finely ground almonds, 80 *drams* of powdered sugar, and the peel of 1 lemon; mix all these together. Then place them in an enameled pot, adding 8 whole eggs and 8 egg yolks. Stir all these together for an hour.

Ensure the oven is ready, and right at its mouth, pour the mixture into the mold, having greased the mold with butter and dusted with breadcrumbs. Immediately place it in the oven. Once baked, allow it to cool, and then remove it from the mold.

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<sup>100</sup> The *Linzer torte* is a traditional Austrian pastry, a form of shortbread filled with fruit preserves and sliced nuts and topped with a lattice crust.

<sup>101</sup> *Alivanca* (Romanian pronunciation: [ali'vanka]) is a traditional Moldovan bake made from cornmeal and cottage cheese or brined cheese. Modern recipes recommend an oven temperature of 180°C.

## 131. Almond Torte (b)

For a large torte, take 120 *drams* of cleaned almonds and chop them finely on a board. In a pot, add 3 whole eggs and 3 egg yolks, 120 *drams* of sifted sugar, and mix for half an hour. Then add the finely chopped almonds and stir for another half hour. Add the peel from 2 lemons, grease the mold with butter, pour the mixture inside, and place it in the oven to bake beautifully.

## 132. Linzer Torte with Lattice

Take 80 *drams* of flour and 40 *drams* of fresh butter, and knead them together. Add 40 *drams* of finely ground sugar and 40 *drams* of finely crushed almonds, mixing them well with the flour. Next, incorporate 3 egg yolks, the peel and juice of 1 lemon, and 3 tablespoons of wine. Knead everything thoroughly and let it rest for a short while.

Then, roll out the dough to the thickness of a finger, lay it on a buttered tray, and craft a lattice on top. Place it in the oven to bake halfway. Once that's done, remove it, spread jam on top, return it to the oven, and allow it to bake fully.

### 133. Black Almond Torte

Take 88 *drams* of almonds, clean them well, remove their skins, and grind them. Next, in a bowl, combine 14 egg yolks and the whites from about 6 eggs, add 50 *drams* of sugar, and beat until it thickens well. Then, incorporate lemon peel and half a block of chocolate, if it's from a large block, along with the almonds. Mix everything thoroughly, pour into a mold, and bake.

Next, beat 1 egg, mix it well with 2 spoons of sugar and half a block of chocolate. Then, using a small funnel made from paper, apply this chocolate on top, making flowers. Return it to the oven to dry out.

### 134. Whipped Linzer Torte

Take 120 *drams* of butter and beat it until soft. Add 12 egg yolks, incorporating one at a time and adding sugar bit by bit until all the yolks are used up. Then, add 177 *drams* of finely ground almonds and whip for half an hour. Add a little cinnamon, lemon peel, and 30 *drams* of ground starch. Fold in the beaten whites from 6 eggs.

Then, grease a baking pan with butter, pour in half of this batter, and spread over it a jam of your choice. Layer the remaining batter on top and bake. Once done, beat the egg whites, mix them thoroughly with sugar, glaze the torte all over, and let it dry.

### 135. *Baba*<sup>102</sup>

Take 1 *oca* of flour, 50 *drams* of fresh butter, mix it well. Add the yolks of 4 eggs, and 3 whole eggs, and as you blend them thoroughly with the butter, form a dough. Add a ladle of yeast, and allow it to rise; afterwards beat it with a spoon.

Mix the flour, butter, and eggs together, then pour them into molds until they are half full. Allow them to rise until full, and then place them in the oven; the oven should be set as for *cozonac*<sup>103</sup>. Once they begin to brown on top, place a sheet of paper over them to prevent burning.

### 136. *Baba* without Milk

Take 200 *drams* of flour, 50 *drams* of solidified butter, and 50 *drams* of fresh butter, beaten until soft. Mix together with the butter 10 egg yolks one by one, then incorporate 10 whole eggs, adding 2 spoons of flour for each egg, and continue to mix well. Add 20 *drams* of ground almonds, 40 *drams* of sugar, and the peel of 1 lemon. Mix in 1½ ladles of beer yeast and a little salt. Continue to mix for a quarter of an hour.

Pour the mixture into a mold, which has been buttered and sprinkled with breadcrumbs, until it is half full. Let it rise until the mold is filled. Place it in the oven, and once it begins to brown on top, cover it with paper to prevent burning.

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<sup>102</sup> *Baba* recipes are characteristic of Bucovina and seemingly relate to the influence of Austrian cuisine (*Babe*, *Gugelhupf*). Molds for Bucovinian *babas* feature a central protrusion; once overturned, a red Easter egg is nestled into the created hollow. In the following recipes, the authors play on the name (*baba* meaning an old woman): *baba* without milk, scalded *baba*...

<sup>103</sup> See the comment to Recipe No. 139.



## 137. Scalded *Baba*

Take 300 *drams* of flour measured by the *litra*<sup>104</sup>, and scald them with 2½ *litrās* of boiling milk, stirring with a ladle until it cools a bit. Then, in a pot, add 12 whole eggs and 27 egg yolks, beat them until they froth, and strain them; take 2 *litrās* and add to the dough. Also add 50 *drams* of good yeast, and begin to knead well with your hands for half an hour. Cover it warmly and let it rise.

After it has risen well, add 5 *litrās* of packed flour, continue to knead it again with your hands, adding the remaining eggs and 1 *litra* of milk, kneading for an hour. Halfway through, add 1 cup of boiling butter, or 1½ cups if it's cow butter. As you approach the end of the hour, add 2 cups of ground sugar and lemon peel, then cover and let rise well once more.

Afterwards, grease the molds with butter, sprinkle with breadcrumbs, and grease your hands with butter. Take the dough and fill the molds halfway, then let them rise again until the molds are full, and place them in the oven. The oven should be a bit hotter than for *cozonac*<sup>105</sup>.

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<sup>104</sup> *Dram*, like *oca* and *litra*, can be used as both a unit of weight and volume. This is an indication that in this context, *dram* is being used as a unit of volume.

<sup>105</sup> See the comment to Recipe No. 139.

## 138. Very Good Scalded *Baba*<sup>106</sup>

Take 300 *drams* of packed flour measured by the *litra*<sup>107</sup>, and scald them with 2½ *litrás* of boiling milk, stirring with a ladle until it cools a bit. Then, in a pot, add 12 whole eggs and 27 egg yolks, beat them until they froth, and strain them; take 2 *litrás* and add to the dough. Also add 50 *drams* of good yeast, and begin to knead well with your hands for half an hour. Cover it warmly and let it rise.

After it has risen well, add 5 *litrás* of packed flour, continue to knead it again with your hands, adding the remaining eggs and 1 *litra* of milk, kneading for an hour. Halfway through, add 1 cup of boiling butter, or 1½ cups if it's cow butter. As you approach the end of the hour, add 2 cups of ground sugar and lemon peel, then cover and let rise well once more.

Afterwards, grease the molds with butter, sprinkle with breadcrumbs, and grease your hands with butter. Take the dough and fill the molds halfway, then let them rise again until the molds are full, and place them in the oven. The oven should be a bit hotter than for *cozonac*<sup>108</sup>.

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<sup>106</sup> This recipe mirrors the previous one, No. 139, with a single distinction: the initial quantity of flour is specified as packed. If this isn't an oversight, it implies double the amount of flour.

<sup>107</sup> *Dram*, like *oca* and *litra*, can be used as both a unit of weight and volume. This is an indication that in this context, *dram* is being used as a unit of volume.

<sup>108</sup> See the comment to Recipe No. 139.

## 139. *Cozonac*<sup>109</sup>

For 3 *ocas* of flour, prepare a dough with 1 *litra* of beer yeast, and 1 *litra* of milk, adding also 3 whole eggs. Allow it to rise nicely, and then add 2½ *litras* of milk, 18 whole eggs, 3 *litras* of melted butter, and the necessary amount of salt, kneading it until it no longer sticks to your hands.

Then let it rise beautifully, and once it has risen well, turn the dough, let it rest a bit more, and then, when shaping the *cozonacs*, brush them with egg yolk and put them in the oven<sup>110</sup>.

## 140. Flour Rusks

Mix together 3 *ocas* of sifted flour measured with *oca*<sup>111</sup>, 1 ladle of beer yeast, and 1 *litra* of warm milk to form a dough, and let it rise.

Next, knead it, incorporating 13 whole eggs, beaten, and milk as much as the flour can absorb, 1 *litra* of melted fresh butter, and 80 *drams* of ground sugar. Then knead the dough until it begins to form bubbles, let it rise beautifully again.

Knead it, divide it into pieces, and place them in molds, let them rise a bit more, and after brushing the top with egg, place them in the oven, prepared as for *cozonac*. After baking, let them cool down, slice them, and place them to dry in the oven.

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<sup>109</sup> *Cozonac* (Romanian pronunciation: [kozo'nak]) is a traditional Moldovan and Romanian sweet Easter bread.

<sup>110</sup> Modern recipes recommend an oven temperature range of 160-180°C for *cozonac*.

<sup>111</sup> *Oca*, like *dram* and *litra*, can be used as both a unit of weight and volume. This is an indication that in this context, *oca* is being used as a unit of volume.

## 141. Brasov-Style Rusks

Take 1 *oca* of flour, add 50 *drams* of milk, and 30 *drams* of yeast, but make sure the milk is lukewarm; then make the dough and let it rise.

Afterwards, take 100 *drams* of warm milk, a pinch of salt, 6 eggs, and 100 *drams* of ground sugar (however, set aside some sugar for sprinkling on top), 1 *litra* of butter, which you should also use to grease the molds. Knead until the dough no longer sticks to your hands, then allow it to rise.

Once risen, place the dough on a board and cut it into small pieces; knead each one into elongated shapes and place them into the molds. Set them in a warm place to rise for two hours, and then bake them in the oven as you would a sponge cake.

## 142. Meringue

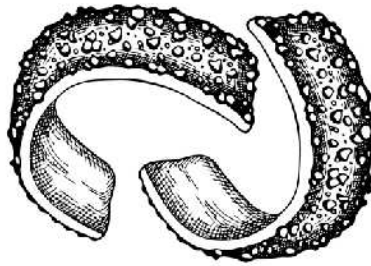
Place 8 egg whites on a plate and set the plate on ice for two hours to rest. Afterward, whip them into a froth. Take 1 *litra* of finely powdered sugar and, adding it spoonful by spoonful to the whipped egg whites, stir until the sugar is fully dissolved.

Then, lay down a sheet of paper on a baking tray. Scoop up spoonfuls of the sugared egg white mixture and place them on the paper. Transfer the tray to an oven, but ensure that the oven is set at a low temperature, and let them sit for about half an hour.

## 143. *Scoarta* Biscuits<sup>112</sup>

Take 40 *drams* of sifted sugar and incorporate it into the batter made from 2 egg whites, stirring until it thickens. Then add lemon peel, 1 egg yolk, and as much flour as the 2 eggs will absorb, and mix thoroughly.

Grease the baking tray with wax, spread the mixture thinly upon it, and sprinkle over crushed almonds mixed with sugar. When baked, cut them into pieces.



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<sup>112</sup> The name of the recipe *Scoarță* (Romanian pronunciation: [ˈskoartsə]; anglicized as *scoarta*; from Latin *scortea*, cf. also French *écorce* and Italian *scorza*) literally translates as “bark”. The biscuit known as *scoarță de copac* (tree bark) is still made today in Romania. It resembles bent strips of tree bark. There is the modern French biscuit *écorce de chocolat*, which, although not bent like *scoarta*, also resembles tree bark.

Presumably, this and the following several recipes are adaptations from a Hungarian book from 1840 (Czifray 1840): 1423. *Vajas tészta hajtások*, 1424. *Fűszeres hajtások*, 1425. *Narancs jég hajtások*, 1426. *Piskóta hajtások*, 1427. *Vanília hajtások*, 1128. *Mandola hajtások*,... *Hajtás* (plural *hajtások*) in Hungarian also means “bend” or “fold”.

The recipe does not explicitly mention the technique used to achieve the distinctive bent shape of the biscuit, which resembles pieces of tree bark. In practice, this is accomplished by molding the dough over a cylindrical form, a technique similar to that used for *tuiles*, which are French baked wafers known for their characteristic arced shape.

Image credit: iStock/Maryna Tarasova.

## 144. Another Kind of *Scoarta* Biscuits

Take the foam from 3 egg whites, add sugar equal to the weight of 3 eggs, and stir for an hour. Then add flour equal to the weight of 2 eggs, lemon peel, 1 egg yolk, and mix well.

Grease the tray with wax, spread the mixture to about half a finger's thickness, sprinkle with sugar, and bake. Then, sprinkle with powdered sugar and almonds, or cover with glaze.

## 145. Almond *Scoarta* Biscuits

Take 1 *litra* of sugar and 1 *litra* of almonds, and grind them together. While grinding, gradually add up to 7 egg whites.

Grease the tray with white wax, and spread the dough on the tray. Place it in the oven and let it stay for about a quarter of an hour; then upon removal, lay it on a round form<sup>113</sup>.

## 146. Chopped Almond *Scoarta* Biscuits

Take 150 *drams* of sugar, add 7 or 8 egg whites, and beat them quite well. Chop 1 *litra* of almonds and add them in, along with the juice from half a lemon.

Mixing these, spread them on a tray greased with wax. Place in the oven, and afterward, lay it on a form<sup>114</sup>.

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<sup>113</sup> The baked biscuit is draped over a dome-like form to achieve its characteristic curved shape.

<sup>114</sup> See comment for Recipe No. 145.

## 147. Spanish Toasts<sup>115</sup>

Cut bread into thin slices, spread apricot jam on the slices, and cover with another slice. Add sugar to wine and moisten the slices with it. Dip them in beaten egg yolks, then in breadcrumbs. Fry them in lard, sprinkle with sugar, and serve on the table.

## 148. Almond Pastries

Take 40 *drams* of pounded sugar, 40 *drams* of finely ground almonds, 40 *drams* of butter, 40 *drams* of flour, the peel from 1 lemon, and 4 egg yolks. Combine all of these to make a dough. Then form whatever types of pastries you desire, and place them in a slow oven.

## 149. Sugar Pastries

[Take] 1 *litra* of sugar, 50 *drams* of sifted flour, and 35 *drams* of almonds, combine together one half of the sugar, one half of the almonds, and one half of the flour. Then break 8 egg yolks, beat them with a spoon, and when the fire is ready, whisk the egg whites and add them to the other ingredients. Then, on a board, take the remaining sugar and almonds<sup>116</sup>, chop them finely, sprinkle them on top, and place in the oven to brown.

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<sup>115</sup> Presumably, an adaptation of the Recipe 1056. *Spanyol kenyér* (Czifray 1840).

<sup>116</sup> The original recipe does not specify what to do with the remaining half of the sifted flour.

## 150. Milk Bread Rolls<sup>117</sup>

For 2 *ocas* of weighed<sup>118</sup> flour, add 10 whole eggs and 1 *litra* of melted fresh butter, 1 ladle of yeast, and a little milk. Prepare the dough and then let it rise. Knead the dough, incorporating all the ingredients together, adding warm milk as much as the flour can absorb, allowing the dough to be softer than that for *cozonac*, and then let it rise beautifully again.

Afterwards, make small rolls and allow them to rise yet again. Then, brush them with beaten egg on top, place them on the tray, and put them in the oven, with the fire being as for *cozonac*.

## 151. Mandelkuchen Torte<sup>119</sup>

Take 100 *drams* of flour, 50 *drams* of sugar, and 20 *drams* of butter, rubbed together with the flour and sugar, 5 egg yolks, and the peel of 1 lemon,  $\frac{1}{2}$  *litra* of cream and a little wine, and make the dough slightly stiffer than that for *inwartita*. Then kneading it well, cover it with a warm cloth and let it rest.

Then take 80 *drams* of coarsely ground almonds, 40 *drams* of ground sugar, mix them together. Roll out the dough very thinly and place it on a buttered tray, coat it with egg whites on top, and bake for only a quarter of an hour<sup>120</sup>.

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<sup>117</sup> The original recipe name, *Milhbrod*, is derived from the German *Milchbrot* (meaning milk bread).

<sup>118</sup> *Oca*, like *dram* and *litra*, can be used as both a unit of weight and volume. This is an indication that in this context, *oca* is being used as a unit of weight.

<sup>119</sup> A traditional German torte with almonds.

<sup>120</sup> In traditional Mandelkuchen recipes, it's customary to sprinkle the almond and sugar mixture over the crust towards the end of baking and return the torte to the oven for a final period.



## 152. Mandelkuchen Torte with Layers

Take 2 *litras* of measured<sup>121</sup> flour, 30 *drams* of butter which you rub with the flour. Add 1 whole egg and 2 yolks, and make a dough with milk as you would for *invartita*. Then divide it into 28 small pieces, gather them carefully, then cover them and let them rest for half an hour.

[Take] 80 *drams* of peeled and coarsely ground almonds, and sprinkle them with the juice of 1 lemon, include the peel as well. Add 40 *drams* of ground sugar, mix it well with the almonds.

Grease a tray with butter, take 7 small pieces of dough and stretch them to fit the tray; and for each layer of dough, brush it with melted butter, take a third portion of the almonds and sprinkle it on top. Then continue stretching 7 more layers, and continue sprinkling until all is used up. Then press it down with your hand, trim off the excess dough hanging over the edges of the tray, coat it with egg yolk, pierce it with a fork so it doesn't puff up during baking. Place it in the oven to bake. Then cut it into pieces, and you can also serve it chilled at the table.

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<sup>121</sup> *Litra*, like *dram* and *oca*, can be used as both a unit of weight and volume. This is an indication that in this context, *litra* is being used as a unit of volume.

### 153. Krapfen (Doughnuts)

Take 200 *drams* of dry flour and knead the dough with 1 ladle of yeast and 4 ladles of milk, and let it rise beautifully. Then adding 1 *litra* of warm milk, beat it until it mixes well, add 13 egg yolks, having beaten them first, mix them into the dough, also add melted butter and beat it very thoroughly.

After letting it proof handsomely, roll it out to half a finger's thickness on a table dusted with flour, cut it into shapes, place the pieces on a cloth also dusted with flour, and allow them to rise some more. Heat the solidified butter well in a pan, and place them inside to fry; then turn them to the other side with a small cloth.

### 154. Chocolate Doughnuts

Take 40 *drams* of ground sugar, add 40 *drams* of very thinly grated chocolate, mix it very well with the sugar. Then take the whites of 2 eggs, whip them into a froth, combine them with the sugar, and form your doughnuts. Place them in an oven that is barely warm.

### 155. *Blancmange*

[Take] 80 *drams* of peeled and finely ground almonds, place them in a pot, pour in 3 spoons of boiling cream, mix them well, strain them through a sieve. Add sugar as you deem necessary for sweetness, half a vanilla pod, also add 10 *drams* of sturgeon gelatin, but the gelatin should be prepared beforehand.

Then, strain it yet again through a cloth into a mold and place it in a cellar or on ice.

## 156. Horn Cakes Fried in Butter<sup>122</sup>

Lay out on a table 160 *drams* of flour, 50 *drams* of fresh butter sliced into pieces in flour, 80 *drams* of peeled and ground almonds mixed with the flour, 5 *drams* of cinnamon, and the peel of 1 lemon.

First, rub the flour and butter together thoroughly with a wooden spatula. Then add the cinnamon and lemon, 1 whole egg and 4 yolks, 40 *drams* of sifted sugar, and mix well with the spatula. Afterwards, roll the dough very thinly, and cut it into pieces as large as your molds.

Heat butter in a pot, and when it begins to boil, dip the mold in butter and swiftly lay the dough onto it, tying it with string before placing it into the

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<sup>122</sup> Presumably, an adaptation of Recipe 1241. *Dorongfánk zsirban kirántva* (Czifray 1840).

The recipe is not very explicit on the preparation details: it only specifies that the dough is put “on” the mold rather than “in” it, and the dish is named *bucium* (Romanian pronunciation: [‘butʃjum]), which refers to a large Carpathian horn akin to the alpenhorn.

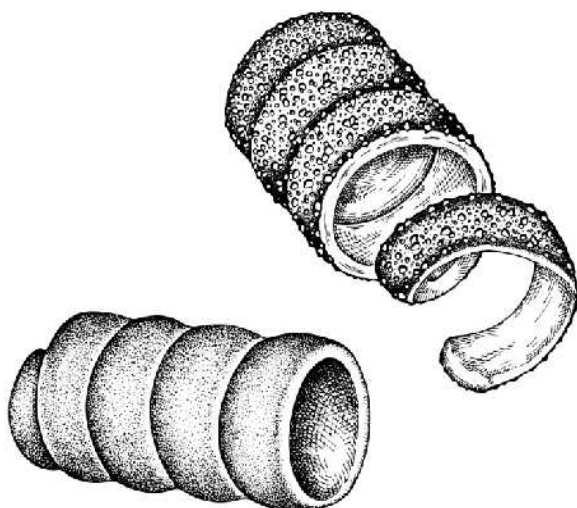
From the Hungarian recipe, it is clearer that the mold is a metal cylinder onto which the dough is wound. This dessert is considered a national dish among Transylvanian Saxons, who call it *Baumstriezel*, and Transylvanian Hungarian Szeklers, who know it by various names including *dorongfánk*, *botratekeres*, *botfánk*, *kürtőskalács*, *cozonac secuiesc*.

Apparently, this is the first publication of the *kürtőskalács* recipe in Romanian.

The oldest recipe for baking dough wrapped around a wooden spit is German and it dates back to approximately 1450. In the 1585 recipe, the spit is coated with liquid dough. This led to the German *Baumkuchen*, the Polish *sękacz*, the Lithuanian *šakotis*, and the Austrian *Brandenberger Prügeltorte* (also known as *Prügelkuchen*, *Spießkuchen*, *Prügelkrapfen*)...

The term *bucium* used as a Romanian name of the dish could be a literal translation of the Hungarian word *kürt* (horn). On the other hand, *kürtő* means chimney, stovepipe, and according to some Hungarian linguists, the dish was named *kürtőskalács* because of its resemblance to a chimney. It's commonly known as chimney cake in English. In Romanian cuisine, the term *bucium* has not taken hold.

butter. Allow it to brown, then quickly remove it from the mold and sprinkle it with sugar, or pour glaze on top.



*Figure 1. Kürtőskalács<sup>123</sup>*

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<sup>123</sup> Image credit: iStock/Maryna Tarasova.

## 157. How to Prepare *Hamut* (Puff Pastry)<sup>124</sup>

Take 80 *drams* of flour, a little salt, and 1 egg, along with 2 spoons of sour cream and 2 spoons of white wine. Should this prove insufficient, add a bit of water to yield a dough stiffer than that of *invarțita*.

Knead until it no longer sticks to your hand. Gather the dough, knead it again well, and let it rest well-covered for a quarter of an hour. Take 80 *drams* of butter and wring it out with a cloth to remove any excess water. Roll out the dough to the thickness of a knife's edge, and generously place the butter in the center. Fold the dough in four over the butter. Lightly flour your board and pound the dough as thinly as possible with a rolling pin. Fold it again in four in the same manner, brushing off any excess flour so that none remains. Sprinkle just enough flour to prevent sticking as you roll it out once more. After folding it for the third time, allow it to rest for another quarter of an hour. Then roll it out yet again, fold it, and roll it one last time. Use the resulting dough for whatever you desire.

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<sup>124</sup> Presumably, an adaptation of Recipe 999. *Ollyan vajas tészta' készítésének módja, melyet minden koszorúzásra, befoglalásra 's pástétomokra lehet használni* (Czifray 1840).

In the book, the dough is called *hamut* (Romanian pronunciation: [ha'mut]), a detail of horse harnessing, specifically a chin or neck strap (in modern Romanian – *gâtar*). This dough is used once in the book in Recipe No. 17: around braised pigeons, a wreath of puff pastry is laid out (*o cunună de hamut*). In the related Hungarian recipe, the expression *vajtészta koszorút* is used – wreath of puff pastry (*vajtészta; vajas leveles tészta; leveles tészta* – puff pastry). A garnish in the form of a pastry wreath appears several times in the Hungarian book, as well as in a German book from 1825 (Hofbauer 1825), for example, *Kranz von Butterteig*.

It can be assumed that the authors used the word *hamut* for puff pastry based on its usage in Recipe No. 17 in the form of a rim or wreath.

## 158. Rice Soufflé

Boil 67 *drams* of rice well, then cook it with milk, sugar, and a little salt until the rice bursts open. After this, strain the rice, and place the resulting liquid in a pot, into which you add 6 egg yolks, the peel of 1 lemon, and a piece of butter the size of an egg. Stir all together thoroughly, then fold in the whites of 6 eggs, beaten to a froth.

Having mixed all together again, pour it into a mold. Along the edge of the mold, cover it with paper, then place the mold into the oven over hot ash, allowing it to sit for 20 minutes.

## 159. Apple Soufflé

Take the whites of 8 eggs and beat them until they rise. Then, bake 6 apples until tender and let them cool. Once cooled, pass them through a sieve. To this, add 1 *litra* of finely powdered sugar and a touch of cinnamon. Then add the apples to the beaten egg whites and mix well. Add 50 *drams* of sugar and mix it in thoroughly.

Place [the mixture] into dishes and shape it with a knife. Then, sprinkle another 50 *drams* of sugar on top and place it into the oven. The oven should be as hot as it would be for pastries<sup>125</sup>.

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<sup>125</sup> The term *prăjitura* is used in the original text. In modern Romanian, the word *prăjitura* is a collective term and does not imply any specific cooking technique. In its older usage, it referred more to a pastry with filling, which is fried in oil. The word *prăjitura* itself shares the same root with the verb *a prăji* (to fry). The temperature recommendation for the oven should probably be understood in the context of Recipe No. 148, where it is mentioned that the oven for pastries should be slow.

## 160. Bird's Milk<sup>126</sup>

For as many persons as you wish to serve, take that many whole eggs and the corresponding amounts of [lemon] peel and milk.

Beat them well until they form a froth, and then add a touch of salt, the peel of a lemon, and as much sugar as you desire for sweetness.

Grease a mold with butter, pour the mixture into the mold, and then place it over embers, adding embers onto the lid as well. Once fully baked, it is ready to be served at the table.

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<sup>126</sup> This dessert is essentially a baked custard cream, distinct from the steamed custard cream described in Recipe No. 168.

The origin of the Romanian name *Lapte sburat* (in modern spelling: *zburat*), which literally translates to “milk flown [with the wind]”, or “milk scattered [by the wind]”, remains unclear. It does not appear to be directly connected to the Romanian expression *lapte zburat* (soured milk) or the Italian *latte sburrato* (defatted milk). This term may be an author's neologism influenced by the “floating island” dessert (French: *île flottante*), consisting of meringue floating on vanilla custard. Similar desserts are known by different names in various countries: *Kanarimilch* (canary milk) in Austria, *madártej* (bird's milk) in Hungary, and *lapte de pasăre* (bird's milk) in modern Romania. The use of the term *madártej* (*madár tej*) as a dish made of milk and eggs can be traced in Hungary back to 1834 (Kassai 1834, 307), though the specific recipe details are unknown.

You can also refer to Recipe No. 68 *Branza zburata*, and the accompanying comments.

## 161. How to Make Jelly<sup>127</sup>

Take 30 *drams* of sturgeon gelatin, wash it well until the water runs clear, then soak it in flower water and let it sit until the next day.

On the second day, place it on the fire with as much water as you deem necessary, and boil it until it binds well enough to adhere as a gel. Then strain it through a clean cloth into a deep dish and allow it to set; if available, place it in an icebox.

Take 1 *oca* of sugar and add  $\frac{1}{2}$  *oca* of water to it; place this on the fire and boil the sugar until it reaches the consistency of sherbet. Then cut the gelatin into pieces, add it to the sugar, and place it on the fire, bringing it to a good boil so that the gelatin melts. Then remove it from the fire.

Have ready in a glass some lemon juice and grated peel from 6 lemons, and 1 teaspoon of flower water. Add these into the sugar and, while stirring, place it again on the fire, allowing it to boil briefly. Then remove it from the fire, stirring it well, cover it properly, and then place it into small bowls.

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<sup>127</sup> The original name *Cum se face tremura* literally translates as “How to make tremble”.



## 162. Rice with Chocolate and *Chaudeau*

Take 60 *drams* of rice cooked in 3 *liras* of milk, 4 pieces of grated chocolate, and 25 *drams* of finely ground almonds. Add them together with the chocolate to the rice and let it boil well. Placing the rice in the center of a dish and shaping it like a hill, you garnish it with sour cherry preserve. Bake it in an oven that is not too hot.

Then, take 1 *lira* of milk, 5 egg yolks, 30 *drams* of finely ground sugar, and a little vanilla. Place them in a small pot, stir them with the chocolate, and set it on the fire. Stir continuously until it starts to thicken, and then promptly pour it around the rice.

## 163. Toasts from White Bread

Cut slices of the white bread loaf and sprinkle them with milk. Then grease a dish with butter, scatter on it ground almonds, raisins, and sugar mixed with vanilla. Place a layer of bread slices and sprinkle as before, and continue to layer until the dish is full. Take 50 *drams* of milk, 3 egg yolks, sugar, and vanilla, beat them well, and pour over the bread. Then place it on the embers and let it reduce, and serve it on the table.

## 164. Milk Foam with Wild Strawberries

Take 1 *oca* of cream, beat it until it becomes foam, then set this foam upon a sieve to drain. Next, take 80 *drams* of wild strawberries and pass them through the sieve. Take 80 *drams* of finely powdered sugar, and mix it with the wild strawberry juice. Then mix well with the milk [cream] foam.

Pour into a mold and set it upon ice.

## 165. Cheese Noodles

Take a handful of flour, salt it, then pour over it melted lard the size of an egg. Beat in 4 or 5 eggs, and as much milk as needed to form a dough, and also add lemon peel.

Then melt some lard, pour the dough not too thickly, and allow it to brown on both sides. After frying all the cakes, cut them larger than [ordinary] noodles, grease a dish with butter, pour in a little sour cream, and place a layer of noodles on top. Then sprinkle generously with breadcrumbs and Parmesan or other grated cheese, and continue layering noodles until they are all used up. Then again, add cheese, pour a little [melted] butter over the top, place it briefly on embers, and then serve at the table.

## 166. Fried Rice Noodles

Boil 40 *drams* of rice in milk until it becomes thick, then roll it out on a dish to cool. Cut the rice into noodles, each about the length of a finger and the width of half a finger, roll them in egg, sprinkle with caraway seeds, and fry them in lard or butter. Then place them in a dish.

Take 1 *litra* of milk and mix in 3 or 4 eggs, a little sugar, and cinnamon, and beat them well; then pour this mixture over the noodles. Place embers both underneath and on top to allow them to brown, and then serve them at the table.

## 167. Emperor's Noodles

Take 177 *drams* of flour, gently mix with 200 *drams* of milk, beat in 8 whole eggs, add salt, mix them well. Grease a pan with lard, and pour the batter inside. Then put embers both underneath and on top, until it solidifies. And once again, cut the noodles to the size of a finger<sup>128</sup>. Roll them in sugar and cinnamon, fry them in lard, then place them on a plate, and sprinkle with sugar.

## 168. Custard<sup>129</sup>

Take  $\frac{1}{2}$  *oca* of milk, beat in 16 egg yolks, add the grated peel of 2 oranges, and sugar to your desired sweetness. Mix it well, then strain it through a sieve into a mold. Place the covered mold in hot water and let it boil for three-quarters of an hour.

Then turn it out onto plates, sprinkle with chopped pistachios, and serve it warm at the table.

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<sup>128</sup> Cf. the previous recipe, No. 166.

<sup>129</sup> In the book, the recipe is listed as *Consomme*. It seems, the authors may have mistakenly conflated *costarde* with *consommé*. It might happen because *consommé à la royale* is served with pieces of firm, savory custard (French: *Royale*), which is also called *œufs à la Royale* or *œufs au consommé*.

## 169. Kurabiye<sup>130</sup> Biscuits

In a small kneading trough, place 4½ glasses of melted and strained butter, and 3 glasses of finely ground and sifted sugar. Mix them well by hand, then add 1 whole egg and 9 yolks and continue mixing. Next, add 2½ *ocas* of good quality flour, a handful at a time, and knead the dough thoroughly for about an hour. Incorporate 10 *drams* of cinnamon and 3 [*drams*] of ground and sifted cloves; the dough should neither be too stiff nor too soft.

Then take little pieces of dough, each small enough to fit within a *feligean*<sup>131</sup>, shape them into rounds, place them on a baking tray, and bake them in an oven set to the temperature appropriate for *ciurec*<sup>132</sup>. Upon removing them from the oven, roll them generously in finely ground and sifted sugar.

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<sup>130</sup> Kurabiye – a popular Eastern shortbread-type biscuit (Turkish *kurabiye*, Arabic *qurabiya*, Persian *ghorabiyeh*, Greek *kourabiedes*, Crimean Tatar *khurabie*...). The authors may have named the recipe *Corabiele* (“ships” in Romanian), using a similar sounding word to the Turkish name.

<sup>131</sup> *Feligean* (Romanian pronunciation: [feli’dʒean]) – a small cup for Turkish coffee.

<sup>132</sup> *Ciurec* (Romanian pronunciation: [tʃu’rek]) – (obsolete) *plăcintă cu brânză*, a traditional Romanian and Moldovan pastry with brined cheese. Temperature recommendation is not clear.

## 170. Ice Cream

Take  $\frac{1}{2}$  *oca* of sugar, add 1 *litra* and 50 *drams* of water, and boil until it slightly thickens. Then take 1 *litra* of fresh milk and add 2 egg yolks in a spoon and beat them. Afterwards, add them to the sugar, place it on the heat and bring it to a boil, then pour it into a mold. Once it cools down, you start churning it until it cools and sets.

To 1 *litra* of sugar add 2 cups of milk and 1 egg yolk; water is added at 50 *drams* per *litra* of sugar. For ice cream with raspberries, wild strawberries, and sour cherries, add a little carmine for color, and the juice of half a lemon. The juice of raspberries, wild strawberries, and the like should never be boiled with the sugar. The lemon ice cream is made in the same way, adding also grated peel as you please.

## 171. Rahat Lokum (Turkish Delight)

Quantities in *drams*:

Sugar – 300;

Water – 600;

Fine flour – 50;

Juice of  $\frac{1}{2}$  lemon.

This is for soft lokum. And for a thicker version:

Sugar – 300;

Water – 600;

Fine flour – 30;

Juice of  $1\frac{1}{2}$  lemons.

How to make it:

Place the sugar with 50 *drams* of water, and let it sit on the fire until it melts. Upon removing it from the heat once melted, strain it. Mix the fine flour with the remaining *litra* of water, then strain it through a clean cloth, and combine it with the sugar. Stir the sugar and the fine flour together using a wooden spoon, and immediately place it over the fire to boil, stirring constantly without stopping. The binding will be known thusly: taking a bit with the tip of a knife and letting it cool, you touch it with your hand, and if it does not stick, it is ready; otherwise, it needs more boiling.

Once it has set, remove it from the fire and throw in whatever flavorings you desire. Then pour it into a tray, but be sure that the tray is greased with almond oil, and do not touch it with your hands or with the spoon.

Once it has cooled well, take finely ground and sifted sugar, sprinkle it on a piece of paper, cut lokum as usual, and thereafter roll it in the ground sugar.

## 172. Orgeat Syrup

Take  $\frac{1}{2}$  *litra* of sweet almonds, 6 *drams* of bitter almonds, 100 *drams* of water, 150 *drams* of sugar, 2 *uncies* of flower water, and 2 drops of lemon spirit.

Grind the almonds which have been peeled of their skin, adding to them little by little water from the aforementioned *litra* while you grind them, so that they do not turn into butter. When they are finely ground, add the remaining water, mixing well.

Strain the mixture through a cloth, and then add the crushed sugar therein, along with the flower water and the drops of spirit.

## 173. Glaze

To 1 egg white, add [the juice of]  $\frac{1}{2}$  lemon, and sugar as you see fit, mix it well. Make a paper cone, and placing small amounts of the glaze within, begin to decorate whatever you wish.

## 174. Rice Meridon<sup>133</sup>

Boil 44 *drams* of rice in milk, and once cooled, mix it with 30 *drams* of beaten butter, and with 3 whole eggs and 3 yolks. Also add a little foam from 2 egg whites.

Then make a little butter sauce, about the size of a coffee cup. A few boiled livers, perhaps 20 crayfish tails, 3 mushrooms sautéed in butter, some boiled asparagus, all these finely chopped should be added to the sauce and boiled. Once all the sauce has reduced, beat 2 yolks with 2 spoons of broth, incorporate the stew inside, and bring it to a boil.

Grease a mold with butter, place crayfish tails at the bottom, and tips of asparagus, add half of the rice, then add the dish of liver and crayfish, and the remaining rice. Steam it for three-quarters of an hour.

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<sup>133</sup> Presumably, an adaptation of the Recipe 479. *Reiß-Meridon* (Hofbauer 1825) or the Recipe 1050. *Riskása meridon* (Czifray 1840). See also Recipe No. 123 and the comments on it.



## 175. Fried Chestnuts

Take 60 roasted and peeled chestnuts, divide them in half, then take one half of the chestnuts and crush them with 20 *drams* of butter, and pass them through a sieve.

Next, put 10 *drams* of butter in a pan, along with a batter of 40 *drams* of sugar and  $\frac{1}{2}$  *litra* of cream. Place it over a gentle ember, stirring constantly until it thickens. After that, add 6 egg yolks one after another, still stirring, and let it simmer for some minutes. Then, spread the batter on a board greased with butter and let it cool.

After that, form small cakes to wrap around the remaining half of the chestnuts. Beat a few eggs and quickly dip each chestnut into the egg, sprinkle it well with fine breadcrumbs, and place it into a pan with bubbling butter. Fry them, and then place them on a plate, sprinkle with sugar and vanilla, and serve hot at the table.

## 176. Fried Plums

Boil the plums, and let them cool down. Then, remove their pits and replace each with a peeled almond.

Next, prepare a batter made from flour, 2 eggs, a little wine, and as much sugar as you desire for sweetness. When the batter is good and ready, dip each plum into the batter, and place them in a pan with butter, ensuring the butter is well-bubbling. Then fry them, place them on plates, and sprinkle them with sugar and cinnamon.

The same can be done with sour cherries, only you should tie four of them together and cut off the stems.

## 177. Fried Almonds

Place 1 *litra* of sugar on the fire and let it melt well without adding water. Next, introduce 1 *litra* of peeled almonds and cook until they are well roasted. Then, grease a tray with olive oil, spread the almonds on top and let them cool. Then, proceed to separate them all.

## 178. “Frozen” Chestnuts

Take  $\frac{1}{2}$  *oca* of sugar and add 1 *litra* of water. Place it on the fire and bind it a bit more thickly than for sherbet.

Next, take as many chestnuts as you desire and place them in the coffee roaster, turning them over the fire until their shells burst.

Afterwards, peel them, skewer each one with a thin stick, dip them into the sugar, and lay them on a tray greased with olive oil until they cool.

## 179. Potato Rice

Take as many potatoes as you wish, peel them, wash them thoroughly, and grate them into a dough trough with water. Once all the grating is done, wash this dough very well, squeezing the water from it, repeating until the potato dough becomes white. Then set it out to dry in the sun. Once it has well dried, crumble these lumps finely and sift it like a flour through a sieve, then store it in a vat.

When you wish to prepare it, knead this flour with egg white, pass it through a sifter, and set it to boil with as much milk as it can absorb, adding butter as well. Once the milk has reduced, continue to boil it with the butter, and then serve it on plates, sprinkling sugar and cinnamon over the top. This is for pilaf.

For a soup, knead the flour with egg yolk, pass it through a sifter or through a grater, and use it in a soup. For pilaf, it must be a sifter.

You may also knead it with eggs and lay it in a mold.

## 180. When the Fish Smells of Mud

As soon as you bring it from the lake, immediately salt it and change its water twice, then proceed to clean and prepare it.

## 181. Sour Cherry Liqueur<sup>134</sup> (a)

Should the spirit for the sour cherry liqueur be brandy made from wine or sour cherries, it must be distilled only once, utilizing the crushed pits of bitter cherries. However, if the spirit is made from grain, it shall be distilled twice – first with charcoal and then with pits.

The sour cherries are to be crushed in a new trough, mixed well, and then strained. The juice shall be placed in a large distillation vessel to boil until a third of it has evaporated. Then, it must be transferred into a new wooden bucket and set to cool in the cellar for three days.

Carefully handling it so as not to disturb its clarity, drain it into bottles and combine it with the spirit. Employ 1 measure of spirit to 1½ measures of juice. Once mixed thusly, it becomes fortified. After the juice and spirit have been mixed, it can stay without fermenting-for an extended period. Yet if not mixed, it shall spoil.

The sour cherry liqueur will be better if the sour cherries are combined with bitter cherries.

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<sup>134</sup> *Vişinap* (from Turkish *vişnab*; modern Romanian spelling – *vişinată*) – beverage made from sour cherries fermented with sugar, sometimes with the addition of alcohol.

## 182. Sour Cherry Liqueur (b)

Take a barrel of 1 *vadra* in size, and then select beautiful sour cherries to fill it, but leaving three fingers of space.

Next, take 2 *ocas* of sugar, boil it, and thicken it like you would for sherbet. Pour this sugar [syrup] into the barrel, and over that sugar pour spirit made with pits until the barrel is well filled.

Let it sit in a cool place for some time, and afterward pour it into bottles.

## 183. Sour Cherry Liqueur (c)

Select an abundant amount of fine sour cherries and thoroughly crush them, pits and all. Then fill a barrel, as large as you desire, halfway with this pulp. Fill the remainder of the barrel with spirit and allow it to rest in a cool place until the 15<sup>th</sup> of August<sup>135</sup>. Afterward, strain off the spirit and fortify it with vodka.

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<sup>135</sup> The Feast of Dormition of the Mother of God.

## **184. How to Preserve Tomatoes**

To preserve tomatoes for winter dishes, cut them into quarters and thread them on a twine. Then place them to dry in the shade, where neither the sun nor wind can affect their flavor. Allow them to hang until needed.

When the time comes, by soaking them in warm water, you can use them in any dish as if they were fresh.

## **185. Brined Tomatoes**

The tomatoes intended for brining should be cross-cut at the center, and into these incisions insert chopped garlic and celery leaves. Then, scald celery leaves and use them to tie the tomatoes in the middle.

Place tomatoes in a vat, adding salt. Press them down very well, so they remain in position until they have fully salted.

## 186. How to Make Bread Yeast (a)

Take dough of leaven the size of an apple<sup>136</sup>, place it in a jug, and pour 1 *litra* of wine over it; let it sit until the next day.

Take a pot of water, about 2 *ocas*, add a handful of hops, and 5 onions the size of walnuts; let them boil until the water has reduced by three fingers in height. Next, beat the wheat bran and add it to a small trough along with the water containing hops and onions. Scald the bran, and, having stirred well with a spoon, leave it to cool down.

Into that jug with dough soaked in wine, add 2 spoons of honey, mix it, and pour it over the scalded bran mixed with hops; knead it well and place it somewhere warm until the next day. Then break them into small pieces and dry them well either in the sun or on a stove.

When you are about to make bread, first place 2 handfuls of flour in a large pot, and pour boiling water over the flour; stir it well with a spatula so that there are no lumps. After it cools down, you should have previously soaked 15 lumps of yeast in a bowl of lukewarm water, and pour half a glass of wine over this yeast. Then strain the yeast through a cloth and pour it into the pot over the scalded flour; beat it well with the spatula and place it somewhere warm. Once it has risen, beat it again with the spatula and place it back in the warm area. Repeat this process until it has risen three times. Afterward, put the leavened dough at one end of the trough to ferment, and once it has risen there, knead it as usual.

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<sup>136</sup> In the original text, *mărul domnesc* refers to a Moldavian variety of apple, similar to Jonathan.

## 187. Very Good Bread Yeast (b)

Place water in a large pot and insert therein 6 prunes, 6 onions, and some hops, and boil it very well. Then pour 3 bowls of well-beaten bran into a trough, and scald them with this water. Stirring it well, let it sit for 24 hours. Afterward, spread it upon a table to let it thoroughly dry. In this state, it will keep well for up to six months.

When you desire to make bread, place in a pot some wheat bran sour kvass<sup>137</sup> and hops to boil well, then take 2 handfuls of flour and scald it with that boiling water, straining it and beating it well with a spatula. Then take a small amount of the aforementioned dried yeast and soak them with wine. Strain them through a sieve into that dough, and stirring it once again, place it in warmth until the next day. On the second day, knead the bread as usual.

Every time you wish to bake bread, this dough of leaven should be prepared from the previous evening, and the aforementioned yeast can last up to six months.

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<sup>137</sup> Sour kvass, known as *borș acru*, is a traditional Romanian sour soup. It is typically prepared by fermenting wheat bran or cornmeal and serves as a base in a variety of soups and stews.



## 188. Must for Mustard

Make free-run [grape] must; prepare ash from grapevine wood. In the evening, add as much ash to the must as you deem fit. The next day, carefully strain it and set it to boil well, adding within 20 or 25 chopped quince fruits, and let it reduce by a third<sup>138</sup>. Then pour this must into bottles.

When you wish to make mustard, grind the mustard seeds, sift them through a fine sieve, and scald them 10 times. Then continue to add little by little of the must, stirring constantly until you achieve the desired thickness.

If you have plenty of must, you may scald the mustard with the must itself.

## 189. Halva of Rice Flour

Take 1 *oca* of rice flour, which you shall make in the following manner: sort out the rice, wash it well, dry it, grind it, and sift it. Then take  $\frac{1}{2}$  *oca* of fresh butter and melt it. When it begins to boil, by one hand put in the rice flour, and with the other hand stir. Keep stirring until it begins to soften, and let it boil, still stirring it. Then test it with the back of the spoon, lifting the dough; and when it boils on the spoon, then it is ready.

Remove it from the fire and pour into it  $\frac{1}{2}$  *oca* of boiling milk and 1 *oca* of melted and boiling sugar; stirring it well, then cover it. The spoon should be of wood. Afterwards, place it into plates.

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<sup>138</sup> Original expression *să scadă trei părți* literally means “reduce three parts”. It is somewhat ambiguous and could be interpreted as “reduce by a third” or “reduce to a third”.

## 190. Quince Paste<sup>139</sup>

Hollow out the quinces and then boil them thoroughly. Then, pass them through a sieve. For 1½ *ocas* of quinces, add 1 *oca* of sugar and ½ *oca* of quince juice, and bind it well together.

## 191. Quince Jelly

Peel the quinces and core them. Then, pour water over them, enough to exceed them by the width of a hand. Let them boil until the quinces crack open. Also add some 4 or 5 red apples. Then leave it until the next day.

To 1 *oca* of sugar, add 3 spoonfuls of juice and let it set to the desired thickness.

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<sup>139</sup> The Romanian term *chitonag* used in the original name may have been influenced by or derived from the French term *cotignac*.

## 192. Wine Vinegar

Take a barrel of 2 *vadras*, and boil 1 *litra* of lentils very well, which you then put in a warm place to sour. Afterward, place it into the empty barrel. Then take 2 *ocas* of strong wine vinegar and make toasts from half a loaf of bread, which while still warm should be soaked in the vinegar. Place these into the barrel, pouring the remaining vinegar over them along with 2 *ocas* of wine. Subsequently, place the barrel in the sun, leaving it for three days. At the end of those three days, throw in 2 shovelfuls of very hot ash mixed with embers and 1 *oca* of wine on top, and after rolling the barrel well, let it sit for another three days.

Upon the completion of these days, add again 2 *ocas* of wine, and continue in this manner until the barrel is filled. Then leave it for four weeks in the sun, and it will turn into strong vinegar.

Finally, after emptying it into a large barrel, you will add 5 *ocas* of wine every three days, placing ash with embers in half every three days as well. The wine should be cold from the cellar, not left out in the sun.

## 193. Wax for Boards

Take 1 *oca* of white or yellow wax, grate it finely, and put it in a pot to boil well with pure, clean water. Once the wax has fully melted and boiled, remove the pot from the fire, and after it has cooled down a bit, add 18 *lots* of sal tartar<sup>140</sup> with one hand while stirring it by another.

This wax will last a long time.

When you wish to wax the boards, first rub them thoroughly and wipe them with a clean rag. Then take 2 or 3 pieces of the aforementioned wax, add clean water, and rub it well with your hands until it becomes the right thickness – it should be neither too thick nor too thin – and add into it the yellow powder known as turmeric<sup>141</sup>, as much as you wish to darken the boards. After that, coat the boards and once they are dry, brush them thoroughly and wipe them with rags.

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<sup>140</sup> Sal tartar – sodium tartrate, a salt used as an emulsifier and a binding agent in food products.

<sup>141</sup> In the original text, only Latin and German names for the yellow powder are provided: *pulvis radice curcuma* and *Kurkuma Wurzel*. Both names refer to the root of the turmeric plant, which is ground into a powder.

## 194. Method for Making Cheese from Potatoes

Select the largest, finest yellow potatoes. These potatoes are to be boiled in a large pot. After they have boiled well and cooled, remove the skins, and thoroughly mash them in a wooden bucket until they form a sort of dough. To 5 *ocas* of this dough, add 1 *oca* of sour cream and the necessary amount of salt; thereafter mix and knead it well. When it is deemed sufficiently kneaded, cover the mixture and let it rest for three or four days. Following this period, the mixture is again kneaded, and the cheese is placed in small baskets to allow the moisture to drain. Afterwards, it is placed in the shade to dry, and then laid in large pots or vats where it remains for 15 days. The cheese is then ready and good to eat; yet the older this cheese is, the better it becomes.

This type of cheese is better than all others, because it does not sour, is not eaten by worms, and remains fresh for years. Only ensure that the pots and barrels are well-sealed and placed in a dry location.

If one wishes to have even better cheese, then use 4 *ocas* of potatoes and 2 *ocas* of sour cream. For the very best cheese, use 2 *ocas* of potatoes and 4 *ocas* of sour cream.

## 195. Method for Keeping Walnuts Fresh for an Entire Year

Walnuts are best for eating when they are green, fresh, and can be easily shelled. Therefore, a method has now been found by which they can be kept green for an entire year.

As soon as the walnuts have been separated from their green husks, place them in baskets: a layer of walnuts and a layer of sand, and above them cover once more with sand. Place these baskets in an open space where the wind can reach them, and come spring, the walnuts will be as fresh as if they had just then been picked from the trees.

## 196. Method to Remove Excess Salt from Overly Salted Dishes

One must stretch a napkin, or a piece of linen cloth, over the mouth of the pot wherein the overly salted dish is contained, and sprinkle a handful of salt over that cloth, and promptly all that excess salt that is in the dish will be absorbed<sup>142</sup>, only take heed that the dish must be cooked.

The same result can be achieved also by placing a clean [sea] sponge into the pot; the dish still should be boiling; this sponge absorbs all the salt.

## 197. Method for Making Hens Lay Eggs in Any Season of the Year

One must take a suitable quantity of flaxseed husk and place it in a moderately warm oven to dry. Once dry, grind it into a not-too-fine powder. Then take an equal amount of wheat bran and acorn flour. Mixing them well together, create a dough with a small amount of water.

This should be the feed given to the hens, and such a diet will yield a bountiful harvest of eggs in any season of the year.

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<sup>142</sup> The recommendation as presented by the authors is somewhat unclear. However, it's worth noting that similar methods are frequently found in German household books from the XIX century. For example, a recipe from 1826 (Greibitz 1826, 330) suggests covering an oversalted dish with a moist cloth, without adding any additional salt. Variations that include the use of both linen cloth and salt, as well as employing a sponge, appear in a book from 1835 (Wigand and Cserneczky 1835, 16). Further back, a book from 1750 (Staricius 1750, 206-207) recommends wrapping oversalted meat or fish in linen cloth and using a sponge to absorb excess salt.

## 198. Method for Clarifying Muddled Wine

Take ordinary flints and crush them into pieces small enough to easily pass through the bunghole of the barrel. Place these fragments in a pan and heat them on coals until they turn thoroughly red.

Afterward, drop the pieces one by one into the barrel containing the wine. The quantity of flint to be added into the barrel naturally depends on the volume and variety of the wine. Allow these flints to remain in the vessel for 6 weeks, and after this period, examine the wine to see if it has clarified. If it has not yet cleared, and its surface has not turned golden, then one must undertake this flint procedure once again. If the wine is clear and clean, then you may decant it.

These steps can be most beneficially employed on any unhealthy wine, and particularly on new wines, which still contain much yeast sediment. With this method, the wine becomes milder, more spirited, more agreeable, and assumes an older appearance. In a word, it acquires a quality that makes it seem as if it were several years older.

## 199. Method for Removing the Smell of the Barrel from Wine

Take a large quince, cut it in a cross pattern, so as not to entirely sever it, thereby allowing the parts to remain connected. Secure it well with a piece of twine and let it dangle within the vessel for some time, but make sure it barely touches the surface of the wine; and thus your aim will be achieved. If the barrel is large, then, accordingly, suspend several quinces in it.

Another method can also be employed to eradicate the unpleasant smell in wines: if from a loaf of rye bread you cut a rather thick crust and roast it over fire coals on a grate, thereafter, along with 5½ *drams*<sup>143</sup> of bay leaves and a small piece of savin<sup>144</sup> wood as long as a finger, tie them in a clean piece of cloth, and hang this bundle in the wine vessel.

Or even in another way: if over a period of 14 or 21 days, you take a warm loaf each morning, depending on the size of the barrel, specifically just after the loaf has been removed from the oven, and cut it in half, place it over the bunghole of the barrel. Afterward, decant the wine into another clean vessel and suspend in it some of the items previously mentioned, and thus the wine will be improved once more.

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<sup>143</sup> 5 2/4 *drams* in the original.

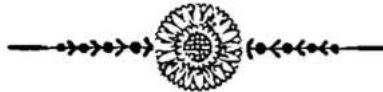
<sup>144</sup> Savin is a species of juniper (lat. *Juniperus sabina*).



## 200. Method for Preserving Fresh Meat for Weeks During Summer

Sprinkle the meat with charcoal powder and place it in a stone vessel with a snug lid. Then seal this vessel with a bladder and set it in the cellar. However, before placing the meat in the vessel, lightly smoke it with charcoal fumes to drive away any foul air within, allowing instead the acrid gas from the charcoal, along with the yeast from beer or wine, to permeate.

[Even] if the meat become damp, it can be well-preserved for many weeks without acquiring any unpleasant odors.



## Appendix 1.

# Old Moldovan Measures of Weight and Volume

The book primarily employs the old system of measures and weights that were in use in the Principality of Moldova during the first half of the XIX century. It was influenced by the Ottoman system as well as contemporary European system.

The main units of both weight and volume included the *dram* (Romanian pronunciation: [dram]), *litră* (Romanian pronunciation: ['litrə], anglicized as *litra*), and *ocă* (Romanian pronunciation: ['okə], anglicized as *oca*). It is noteworthy that the numerical equivalents of these three units in grams (and milliliters) varied between the Principalities of Moldova and Wallachia. The following section offers a comparison of these units with the metric system for Moldova.

### Weight

As a unit of weight, the *oca* was equivalent to 1,291 grams and was divided into 4 *litră*s and 400 *drams* (Stoicescu 1971, 279).

	gram	<i>dram</i>	<i>litra</i>	<i>oca</i>
gram	1			
<i>dram</i>	3.23	1		
<i>litra</i>	322.75	100	1	
<i>oca</i>	1,291.00	400	4	1

## Volume

When measuring the volume of liquids, the *oca* was equivalent to 1,520 milliliters.

	milliliter	<i>dram</i>	<i>litra</i>	<i>oca</i>
milliliter	1			
<i>dram</i>	3.80	1		
<i>litra</i>	380.00	100	1	
<i>oca</i>	1,520.00	400	4	1

## Non-standard Units

*Font* – most probably, an alternative spelling of *funt*, influenced by Hungarian *font* (in Recipes No. 89, 110).

*Funt* – pound. Presumably, the old Austrian pound is used, equal to 560 grams<sup>145</sup> (same as Hungarian *font*); another possibility is the old Prussian pound<sup>146</sup> – 467.71 grams (in Recipes No. 111, 112).

*Lot* – lot. Equals to 1/32 of a pound in both Austrian and Prussian systems (in Recipe No. 193).

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<sup>145</sup> The value of the Austrian pound used between 1811 and the introduction of the metric system.

<sup>146</sup> Prussian units are cited in accordance with the measurement and weight regulations of the Kingdom of Prussia from May 16, 1816.

*Palmac* – Romanian pronunciation: [pal'mak]. An old Moldovan unit of length, approximately 3.48 cm (in Recipe No. 126).

*Uncie*<sup>147</sup> – Romanian pronunciation: ['untʃie]; ounce. Equals to 1/16 of a pound in both Austrian and Prussian systems (in Recipe No. 172).

*Vadră* – Romanian pronunciation: ['vadrə]; anglicized as *vadra*. An old Moldovan unit of volume, equivalent to 10 *ocas* or 15.2 metric liters (in Recipes No. 67, 182, 192).

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<sup>147</sup> Alternative spelling used in the book: *unție*.

## Appendix 2. Meridon

In the book, there are two recipes of a dish called “meridon” (No. 123 “Crayfish Pudding called Meridon” and No. 174 “Rice Meridon”). These recipes are presumed to be sourced from XIX century Austrian or Hungarian culinary books; see associated comments. Meridon also appears in German, Czech, Croatian, Slovenian culinary books of the XIX century; it's even featured on the menu at a restaurant in Montenegro today.

In some books, such as (Zelena 1831), the dish is referred to in parentheses in a French style, e.g., *Krebsmeridon – Meridon d'Écrevisses* (also *Méridon de Poulardes ou de Chapons, etc.*). However, in French sources, there are no records of dishes bearing such a name. Instead, in France, there is a traditional dish known as *miroton*. Here is the definition and an XVIII century recipe for *miroton de bœuf* (Lottin le Jeune 1772):

*MIROTON: maniere d'apprêter certaines viandes ou poissons en gras, ou en maigre, pour entrée.*

*Miroton de bœuf. Faites un godiveau bien lié & bien assaisonné de truffes, champignons & jambon cuit. Mettez-le dans une casserole avec deux ou trois anchois. Faites cuire avec du lard fondu, bouillon & un peu de coulis. Coupez ensuite du maigre de bœuf bien tendre par tranches; mettez-les dans votre ragoût; remuez le tout, & ne laissez que peu bouillir. Quand il est cuit, servez avec un jus de citron.*

**MIROTON:** a way to prepare certain meats or fish, whether fatty or lean, as an entrée.

Beef miroton. Prepare a well-bound and well-seasoned forcemeat with truffles, mushrooms, and cooked ham. Place it in a saucepan with two or three anchovies. Cook it with melted lard, broth, and a little coulis. Then cut slices of very tender lean beef; put them in your stew; stir everything and let it simmer briefly. When it's cooked, serve it with lemon juice.

Essentially, *miroton de bœuf* is a traditional French dish that is typically made from leftover roast beef that is then stewed with onions, potatoes, and a variety of seasonings. In modern recipes, the beef may be boiled instead of using leftover roast beef.

Here's how, for example, Rice Meridon is defined in Cassell's Dictionary of Cookery (Cassell's Dictionary of Cookery 1870):

"Rice Meridon. – Rice meridon is, on a large scale, what the rissole is on a small scale, namely, a crust enclosing a stuffing or forcemeat, but the preparation is different."

In other words, "rice meridon" is a filling baked in a crust made of rice. Despite the similarity in names, the recipes are too distant from each other to be related. The book is a sort of Rosetta Stone; it contains both names (recipes) – "meridon" and "miroton", which also suggests that these are different dishes.

Some books (Hofbauer 1825; Die wirtschaftliche Prager Köchinn 1819) mention an alternative name – "Mierotton". XVIII century books (Allgemeines Oeconomisches Lexicon... 1731; Corvinus 1739) use only "Mierotton". The recipe for "mierotton" in them closely resembles the French meat roll (*pain au viande*). In a book from 1807 (Roth 1807), three alternative names for the dish are used: Mierotten, Miroten, Mirotons. These books often mention the French origin of the dish.

It can be assumed that "meridon" is a Viennese dish named in the French style. The geographical distribution of the dish within the Austro-Hungarian Empire indirectly supports this. In an Austrian book from 1831 (Zelena 1831), the names of all the recipes are written in French in parentheses. There is also a study of the Schönbrunn Palace menu for the period 1913-1914 (Füreder 2020, 69), which mentions "meridon" and states that Viennese dishes were served in the palace with French names.

The story presented by W. Pokhlebkin (Pokhlebkin 1988) regarding the French dish "miriton" as an unsuccessful attempt to copy a Turkish pilaf in the XVII century is not confirmed by any documentary evidence.



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