

'A melting pot menu'

RECIPE OF MY FAMILY

(Italian, Romanian, Moldovan and French recipes)

STARTER:

Vol au vent with fonduta

FIRST COURSE;

Pasta alla carbonara

SECOND COURSE:

MEAT

Meatballs with olives,

&

SARMALE (*Romanian recipe*)

SIDE DISH:

Insalata Russa of Moldava

DESSERT:

Nutella Crepes

vol au vent alla fonduta

Ingredients:

12 vol au vent,

250 grams of fontina cheese,

200 ml of milk,

Butter,

A spoon of flour,

3 yolks,

Salt e pepper.

Instructions:

First put a pan on the fire with butter in it, then add the flour and the fontina cut into pieces. Melt them well and add the yolks. Mix with salt and pepper. Finally, pour the cream of cheese into the vol au vent and bake them in the oven or microwave oven for a few minutes.

Serve them hot.

SARMALE (Cabbage rolls)

Ingredients:

rice,

meat,

tomatoes,

carrots,

white vine,

vinegar

tomatoes sauce,

sour cream,

onions,

salt.

Instructions:

Cut the vegetables and mix them all in a pan with the tomatoes sauce, the sour cream and the salt. Then, in a sauce pan boil some water with the vinegar, put the cabbage leaves and cook them for a minute. After that put the mixed vegetables in the cabbage leaves and roll them. Cook them in a pan and finally the dish is ready.

PASTA ALLA CARBONARA (for 4 people)

Time

30/40 minutes

Ingredients

350 gr pasta

2 eggs

150 g bacon

40 gr parmesan

Instruction

First cook the pasta, then fry the bacon with the oil. Now separate the yolk from the albumen, drain the pasta and pour the yolks, the parmesan and mix for two minutes. Finally, put the bacon into the pasta, mix again and your pasta is ready !

MEATBALLS WITH OLIVES

Ingredients

500 grams of minced beef;
10 green olives;
10 black olives;
1 pound of ham;
3 slices of bread;
half glass of milk;
3 tables spoons grated parmesan;
salt;
bread crumbs;
2 eggs;
4 spoons sauce tomatoes;
3 spoons oil of olive; salt.

Instruction

Crumble the slices of bread in the bowl and wet with the milk. Let it rest for 2 minutes then crush with a fork amalgamating with milk. Add the minced meat, the grated parmesan and pieces of ham, 4 green and black olives and put the salt. Mix all till the dough is homogeneous.

Prepare 2 dishes with slices of bread and two eggs beaten with a fork. Switch the meat balls, first in the egg then in slices of bread. Put on fire the pan, put the meatballs. It will take 15 minutes for cooking. Finally, In the low pan amalgamate 3 spoon of oil, 4 spoon of tomatoes sauce, 4 spoons of water and add the olives. Brown the meat balls for 10 minutes.

RUSSIAN SALAD OF MOLDAVA

Ingredients

3 carrots;

3 marinated cucumbers

Onion

Mayonnaise

5 potatoes

500 g. of peas

500 g. of salami

Salt

4 eggs

Instruction

First, put to boil the potatoes and the carrots. Then boil the eggs in a pan. When they are ready peel and cut them in cubes. Cut into cubes the half onion and salami, too. Then add the vegetables, the eggs and salami in a bowl and mix all with mayonnaise. Add salt to your liking. Finally let stand for 1 hour

NUTELLA CREPES

Ingredients

3 medium eggs

Flour 00, 250 g.

whole milk 500 ml

Nutella 150 g

Instruction

Take a bowl and pour the eggs. Beat the eggs and the milk. Mix well the ingredients. Sift the flour into the bowl and mix vigorously until get a mixture smooth and fluid. Cover the bowl with a film and let the mixture stand for 30 minutes in the fridge. Take a pan with a diameter of 18-22 cm. place it on the fire with butter.

Once hot, spread some butter across the crepes. Cook for 1 minute, medium fire and just golden, turn the other side and cook again for 1 minute.

Just ready, remove the crepes and repeat the procedure until you finish the dough. Then take a spoonful of Nutella and spread it on the crepes. Then take the edge of each crepes and match with the other edge. Finally fold again until you get a fan.

Ready to eat.