

# Two Countries, One Kitchen

## Erasmus+ Culinary Connection

Our Erasmus+ mobility in Murau, Austria (20-24 April) was much more than just a journey to another country — it was an unforgettable experience that brought us closer through culture, teamwork, and gastronomy. Together with the students from our partner school, we had the opportunity to discover each other's traditions in a unique and interactive way.

Before the mobility began, we worked together in English to create an international cookbook that included traditional recipes from both countries. This project allowed us to explore the culinary heritage of our partners, learn about new ingredients and cooking techniques, and better understand the traditions behind every dish.

During our stay in Austria, the recipes truly came to life. We cooked side by side with the Austrian students, sharing ideas, laughter, and unforgettable moments in the kitchen. Every meal we prepared became a symbol of collaboration, friendship, and cultural exchange.

Through this experience, we realized that food is more than just something we eat — it is a way of connecting people, sharing stories, and creating memories together. We are proud to present this cookbook, created with enthusiasm, creativity, and teamwork, and we invite you to discover and recreate these delicious recipes from both countries in your own kitchen.



## Traditional Romanian and Austrian Recipes

### Romanian Eggplant Salad (Salată de Vinete)



#### Ingredients

- 2–3 large eggplants
- 1 small onion (optional)
- 2–3 tablespoons sunflower oil
- Salt (to taste)
- 1 tablespoon lemon juice or vinegar (optional)

#### Preparation

- Roast or grill the eggplants until the skin is burnt and the inside is soft.
- Let them cool, then remove the burnt skin.
- Leave the eggplant pulp to drain for 10–15 minutes.
- Finely chop it with a knife or wooden spoon (not metal).
- Add oil little by little, mixing well until creamy.
- Add finely chopped onion (optional), salt, and lemon juice.
- Serve on bread, often with tomatoes on the side.

## Brownie with Jam



### Ingredients

- 4 eggs
- 300 g sugar
- 400 ml milk
- 200 ml oil
- 6 tablespoons jam from any fruit
- 500 g flour
- 50 g cocoa
- 1.5 sachets baking powder
- Rum essence
- 50 g white chocolate
- 50 g ground walnuts

### Preparation

- Mix the eggs with the sugar until it melts.
- Add the milk, jam and oil, mixing gently.
- Add the flour, baking powder, cocoa and rum essence and pour the mixture into a baking tray lined with baking paper.
- Bake in the oven at medium heat for 30–35 minutes.
- Grate the white chocolate and sprinkle the ground nuts over the hot brownie.
- Leave to cool and cut into cubes.

## Potato Stew with Smoked Meat



<https://www.gustos.ro/retete-culinare/tocanita-de-cartofi-cu-afumatura.html>

### Ingredients

- 3.5–4 kg potatoes
- 2–2.5 kg smoked meat
- 6–7 onions
- 3 carrots
- 3 red bell peppers
- 5–6 tablespoons tomato paste
- 8–10 tablespoons sunflower oil
- 4–5 bay leaves
- 2–3 teaspoons paprika
- Salt and pepper
- 2 teaspoons dried thyme
- 2 bunches fresh parsley
- 3–3.5 L water

### Preparation

- Peel and cut the potatoes into medium cubes.
- Cut the smoked meat into pieces and fry until aromatic.
- Add onion, carrot, and pepper and cook until softened.
- Add paprika, bay leaves, salt, pepper, and thyme.
- Add potatoes and pour water to cover everything.
- Simmer until potatoes are soft and the stew thickens.
- Add tomato paste and cook a few more minutes.
- Add chopped parsley and serve hot.

## Pancakes with Jam



<https://www.freshful.ro/retete/r/reteta-clatite-cu-dulceata>

### Ingredients

- 4 eggs
- 400 ml milk
- 200 g flour
- 2 tablespoons sugar
- A pinch of salt
- 2 teaspoons oil
- Jam of your choice

### Preparation

- Crack the eggs into a bowl and add sugar and salt.
- Pour the milk gradually and mix.
- Add the flour little by little until the batter becomes smooth.
- Add the oil and mix.
- Heat a non-stick pan.
- Pour batter and swirl the pan.
- Cook on both sides until golden.
- Add jam, roll or fold the pancakes and serve.

## Romanian Polenta with Cheese



<https://www.prestij.ro/mamaliga-cu-branza-si-smantana-400g-p23-cat>

### Ingredients

- 500 g cornmeal
- 2.5 l water
- 2 pinches of salt
- 1 kg telemea cheese or cottage cheese
- 80 g butter
- Sour cream

### Preparation

- Boil the water in a large pot and add salt.
- Slowly pour in the cornmeal while stirring constantly.
- Cook until thick, stirring often.
- Add butter if desired.
- Serve with cheese and sour cream on top.

## Traditional Romanian Pork Stew (Tochitură)



<https://retete.unica.ro/recipes/tochitura-cu-ou-si-mamaliguta/>

### Ingredients

- 1.8–2 kg pork
- 500 g smoked sausage
- 300–400 g smoked bacon
- 2–3 tablespoons lard
- 4–5 cloves garlic
- 1 teaspoon paprika
- Salt and pepper
- 1 teaspoon dried thyme
- 200 ml tomato sauce
- Cornmeal for polenta
- 200 g grated cheese
- 10 eggs

### Preparation

- Cut pork, sausage, and bacon into cubes.
- Melt the lard and fry the bacon.
- Add pork and cook until browned.
- Add sausage and continue frying.
- Season with garlic, paprika, salt, pepper, and thyme.
- Add tomato sauce if desired.
- Cook slowly until tender.
- Serve with polenta, grated cheese, and egg.

## Snow White Cake (Albă ca zăpada)



<https://jamilacuisine.ro/prajitura-alba-ca-zapada-reteta-video/>

### Ingredients

- 3 eggs
- 150 g sugar
- 100 ml milk
- 100 ml oil
- 1 teaspoon baking soda
- 1 tablespoon vinegar
- 500–550 g flour
- 1 L milk
- 200 g sugar
- 100 g butter
- 80 g flour or starch
- Juice and zest of 2 lemons
- Vanilla extract
- Powdered sugar

### Preparation

- Mix eggs with sugar, milk, and oil.
- Add baking soda dissolved in vinegar.
- Add flour until a soft dough forms.
- Bake four thin sheets.
- Prepare the cream with milk, sugar, flour, butter, lemon, and vanilla.
- Assemble the cake in layers.
- Refrigerate before serving.
- Dust with powdered sugar and cut into squares.

## Moldavian Meat Patties (Pârjoale)



<https://www.lauralaurentiu.ro/retete-culinare/retete-mancare/parjoale-moldovenesti-reteta-simpla-de-parjoale-prajite-sau-la-cuptor.html>

### Ingredients

- 1.5 kg minced meat
- 3–4 slices bread
- 2 onions
- 3–4 cloves garlic
- 2 eggs
- Fresh parsley
- Fresh dill
- Salt and pepper
- 1 teaspoon paprika
- Flour or breadcrumbs
- Oil for frying

### Preparation

- Mix meat with soaked bread, onion, garlic, eggs, and herbs.
- Season well and let the mixture rest.
- Shape oval patties.
- Coat lightly in flour or breadcrumbs.
- Fry until golden brown.
- Serve hot with mashed potatoes or pickles.

## Fried Cheese Doughnuts (Papanashi)



<https://jamilacuisine.ro/papanasi-pufosi-cu-branza-de-vaci-deliciul-copilariei-reteta-video/>

### Ingredients

- 1 kg cottage cheese
- 3 eggs
- 150 g sugar
- 1 tsp baking soda
- 1 tbsp lemon juice
- 300 g flour
- Oil for frying
- Sour cream
- Jam

### Preparation

- Mix cheese, eggs, and sugar.
- Add baking soda with lemon juice and flour.
- Form doughnuts with a small ball on top.
- Fry until golden.
- Serve with sour cream and jam.

## Boiled Wheat Dessert (Colivă)



<https://jamilacuisine.ro/coliva-traditionala-romaneasca-din-arpacas-reteta-video/>

### Ingredients

- 1 kg wheat grains
- 200–250 g sugar
- 100 g walnuts
- 1 tsp cinnamon
- 1 tsp vanilla
- Salt
- Cocoa

### Preparation

- Boil wheat until soft and creamy.
- Add sugar, salt, and vanilla.
- Let cool and add walnuts and cinnamon.
- Shape and decorate on top.

## Pancake Strip Soup (Frittatensuppe)



<https://www.wien.info/en/dine-drink/viennese-cuisine/recipes/soups-garnishes-starters/frittaten-346454>

### Ingredients

- 1 L beef broth
- 2 thin pancakes
- 2 eggs
- 250 ml milk
- 100 g flour
- Salt
- Butter or oil
- Chopped parsley

### Preparation

- Mix eggs, milk, flour, and salt to make pancakes.
- Cook the pancakes and let them cool.
- Roll and cut them into strips.
- Heat the broth and add pancake strips.
- Serve hot with parsley.

## Herb Dumplings (Kaspressknödel)



<https://www.wien.info/en/dine-drink/viennese-cuisine/recipes/soups-garnishes-starters/frittaten-346454>

### Ingredients

- 250 g bread cubes
- 100 ml milk
- 2 eggs
- 100 g grated cheese
- 1 onion
- Fresh parsley and chives
- Salt
- Pepper
- Butter

### Preparation

- Mix bread cubes with warm milk.
- Add eggs, cheese, herbs, onion, salt, and pepper.
- Shape small flat dumplings.
- Fry in butter until golden brown.
- Serve with soup or salad.

## Viennese Schnitzel (Wiener Schnitzel)



<https://www.wien.info/en/dine-drink/viennese-cuisine/recipes/soups-garnishes-starters/frittaten-346454>

### Ingredients

- 4 veal or chicken cutlets
- 2 eggs
- Flour
- Breadcrumbs
- Salt
- Pepper
- Oil or butter
- Lemon slices
- Parsley

### Preparation

- Flatten the meat with a meat hammer.
- Season with salt and pepper.
- Coat meat in flour, egg, and breadcrumbs.
- Fry until golden and crispy.
- Serve with lemon slices.

## Jam-filled Doughnuts (Krapfen)



<https://www.wien.info/en/dine-drink/viennese-cuisine/recipes/soups-garnishes-starters/frittaten-346454>

### Ingredients

- 500 g flour
- 250 ml milk
- 2 egg yolks
- 60 g sugar
- 50 g butter
- 20 g yeast
- Vanilla
- Salt
- Apricot or apple jam
- Powdered sugar

### Preparation

- Mix flour, yeast, milk, sugar, eggs, and butter to make dough.
- Let the dough rise.
- Shape balls and fill with jam.
- Fry until golden brown.
- Sprinkle powdered sugar on top.