



RECIPE BOOK

— *recipes from* —
the North

REDISCOVER THE DIVERSITY
OF THE NORTH OF MOLDOVA



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Images and illustrations:

Images of recipe meals by **Alex Perov**

Other images by **PRO4CE**

INTRODUCTION

This cookbook is the result of a successful cooperation between North RDA from Moldova and PRO4CE from Slovakia, on behalf of the United Nations Development Program (UNDP) through the Slovak Challenge Fund with the project initiative “Digital development of organic agro-tourism in North Moldova”.

This project is supporting local entrepreneurs in order to digitally promote agro-tourism in northern Moldova, a destination with hidden treasures, to be explored. Through this publication, we invite you to join an unforgettable culinary discovery. This is a virtual journey into the world of tastes and culinary traditions with their roots in this lovely and undiscovered region of Moldova.

Through this bundle of recipes, we connect you to traditional village dishes which differ from one area to another. For North Moldova a typical delicacy is for example sugar beet pies, however, the greatest treasure from the North is Baba Neagră, a porous and fluffy, dark brown cake that is considered a must-have dessert at the festive table in the North Region of Moldova. We invite you to discover the villages of the North of Moldova with their stories, but also to enjoy cooking according to local dishes.

We are happy to bring the richness of culinary traditions and authentic experiences to the attention of a wider audience and opening doors to the discovery of this unique region.

We will be grateful if you will enjoy the natural beauties and attractions together with traditional dishes.

Looking forward to seeing you in the North Region of Moldova!

Poftită bună!



**North
Regional Development
Agency**

PRO4CE

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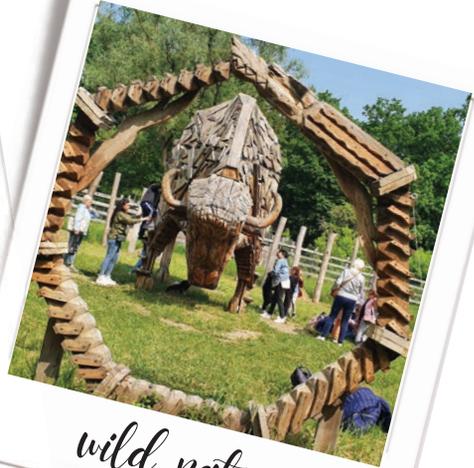
in the region

ABOUT

THE AGRO-TOURISM IN NORTH REGION OF MOLDOVA



authentic



wild nature



traditional

Northern Moldova is a landlocked region lying in the northeastern corner between Romania and Ukraine and two rivers - Prut and Dnister. It is most known for its unspoiled countryside and retains a measure of roads-less-travelled charm.

Northern Moldova is rich from a valuable cultural heritage, represented by numerous historical, architectural and art monuments, religious edifices, museums and memorial houses, popular architecture and technical creations, traditional

popular manifestations, customs and traditions, important cultural and scientific institutions, local personalities, cultural traditions of minorities.

But most important, are the people of the region. With their passion and lifestyles, they are opening the doors to unique places and authentic traditions, allowing people to experience the beauty and authenticity of the region.

And let's discover the undiscovered.

10 REASONS TO VISIT

THE NORTH REGION OF MOLDOVA

1 ADMIRE THE SOROCA FORTRESS,
THE MEDIEVAL JEWEL OF MOLDOVA!

2 CLIMB THE 656 STEPS
TO THE CANDLE OF GRATITUDE, THE
MOST MODERN MONUMENT!

3 CHERISH THE ELEPHANT FROM BUTEȘTI,
THE STONE MONSTER FROM THE
PALEOLITHIC ERA!

4 EXPLORE THE ROYAL FOREST,
THE PLACE WHERE YOU STAY FACE TO FACE
WITH NATURE!

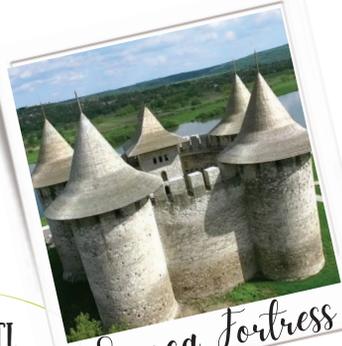
5 GET TO KNOW THE PLANT DIVERSITY &
THE BEAUTY OF NATURE IN THE ȚAUL PARK!

6 CONQUER THE PRUT ROCKS,
THE ANCIENT SHELTER OF MARINE FAUNA!

7 DISCOVER THE MYSTERY
OF THE EMIL RACOVITĂ CAVE!

8 FIND YOUR INNER BALANCE
IN THE WONDERFUL CHURCHES AND
MONASTERIES!

9 FEEL THE UNIQUE TASTE
OF TRADITIONAL DISHES FROM THE NORTH
REGION AND ENJOY THE BEST DIVIN OF
MOLDOVA!



Soroca Fortress



Barza Albă Divin

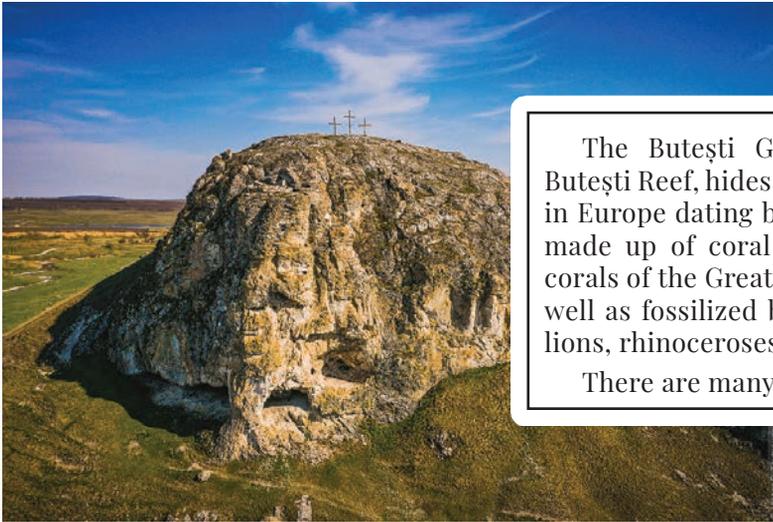


traditional food

THE NATURAL BEAUTIES

NORTH REGION OF MOLDOVA

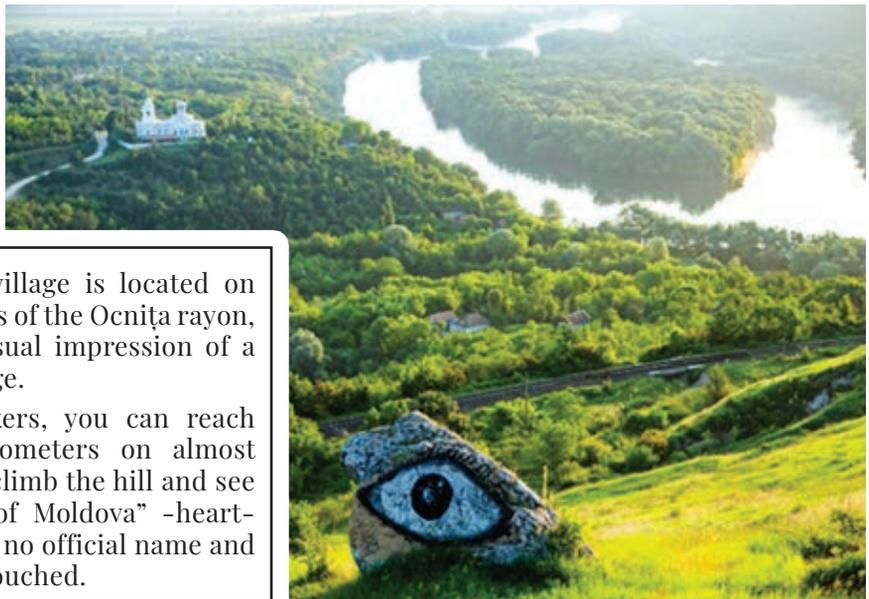
THE BUTEȘTI GORGE - A STONE STORY OF LIFE ON EARTH



The Butești Gorge, also known as the Butești Reef, hides the old and unique grottoes in Europe dating back about 20 million years, made up of coral skeletons identical to the corals of the Great Barrier Reef in Australia as well as fossilized bones of cave bears, tigers, lions, rhinoceroses, mammoths and bison.

There are many legends connected to it.

NASLAVCEA



The Naslavcea village is located on the picturesque hills of the Ocnitza rayon, which creates a visual impression of a real mountain village.

Suitable for hikers, you can reach it with a few kilometers on almost mountain trails to climb the hill and see the island “heart of Moldova” -heart-shaped island, with no official name and it is practically untouched.

"LA 33 DE VADURI" - "BLUE LAKE"



Not far away from Naslavcea, another must-visit place is the "Blue Lake". It is a former quarry, which turned over time into a turquoise lake.

Among other places to admire are: the landscape reserve "La 33 de vaduri", a protected area. It is covered by a forest with very old hornbeams and oak trees.

On top of it, there is the only trout farm in the country - the Naslavcea trout farm.

"FETEȘTI" NATURAL RESERVATION

The reservation is also called "The little Switzerland of Moldova", thanks to the small area that it occupies. The uniqueness of the reservation from the northern Moldova is represented by the famous rocky substrates around the Prut river. When climbing the high, steep cliffs and checking the surroundings of the reservation, an immediate and strong feeling of adventure engulfs any of the tourists.

Therefore, we urge you to hurry up and visit these wonderful lands, in any season of the year, to enjoy the natural beauties of the region.



VARATIC GORGE



Văratice gorge is located in Văratice village in the Râșcani rayon, directly on the Ciuhur River, just a few kilometers from the Romanian border. It is a protected area of the natural, geological and paleontological nature monument.

It is recognized for the prehistoric caves and the waterfall, together forming the "Văratice Gorge".

A little tip, go outside in the night, lay down on the grass, listen to the birds and watch how you can take the stars by hand.

If your trip exceeds the planned time limit, you can stay in one of the agritourism guesthouses in the area, such as "Casa Văratice", where you can spend a mini-vacation with your family or friends.

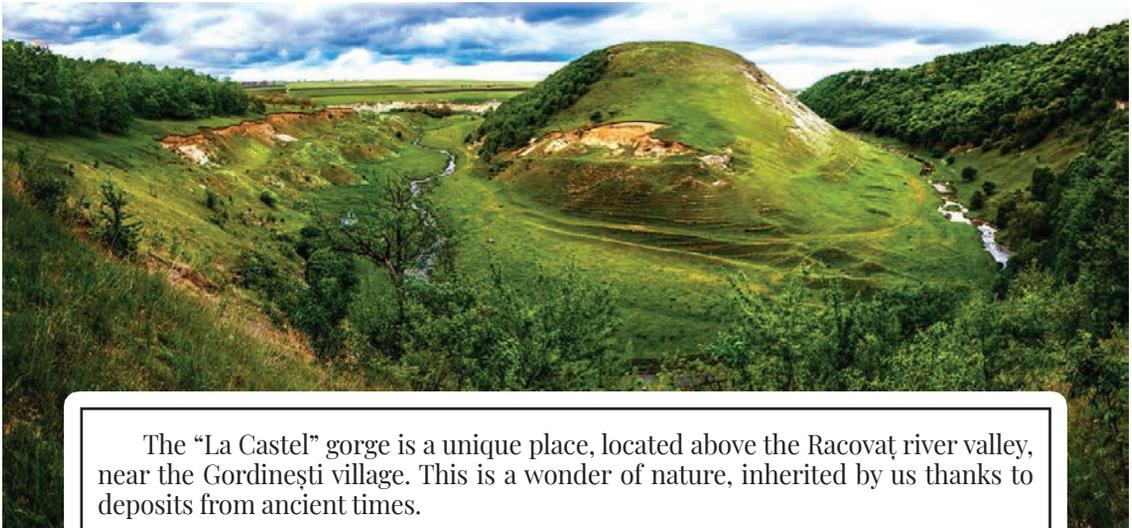
THE "PĂDUREA DOMNEASCĂ" RESERVATION

"Pădurea Domnească" is one of the jewels of the North, located between the villages Cobani and Pruteni, covering an area of 6039 hectares. In this territory, nature has created a unique set of natural treasures such as Royal Forest with more than 400 years old secular oaks or 50 species of mammals such as the forest marten, the European wild cat, bison, otter and others.

After an active day of visiting the picturesque places, one can visit a nearby authentic place, guesthouse "Popas Regal".



"LA CASTEL" LANDSCAPE RESERVE



The "La Castel" gorge is a unique place, located above the Racovaț river valley, near the Gordinești village. This is a wonder of nature, inherited by us thanks to deposits from ancient times.

Here you can discover landscapes that caress your eyes, also rich flora and fauna and the most remarkable is to hear the local legends associated with this place from the natives. Many springs with crystal clear water flow from the rocks. The rocky shores are covered with oak trees, wild cherries, wild pears, field maple, dogwood (*Rhamnus cathartica*), dovecot, hawthorn, etc.

... **AND FINALLY,**
OUR RECIPES ...

BABĂ NEAGRĂ

black cake



INGREDIENTS

- 10 eggs
- 500 ml milk
- 250 ml sour milk (kefir)
- 250-300 g sugar
- 180 ml oil
- 2 glasses flour
(= 250 ml)
- 1 ½ tablespoons of sodium bicarbonate
- 1 packet of vanilla sugar
- 25 ml vodka

DIRECTIONS

In a deep bowl, put eggs, sugar and beat them with a whisk until the sugar dissolves (2-3 minutes).

Add the flour with vanilla sugar and mix them with a whisk to avoid lumps. Add the oil, mix and little by little, while still mixing, incorporate the milk and sour milk. Add the bicarbonate and mix well, so that it spreads evenly, then add the vodka. Keep the mentioned order.

Grease the cauldron with butter or margarine, sprinkle with breadcrumbs or flour.

Pour the composition into the cauldron.

Wrap the cauldron in aluminum foil, so it does not burn.

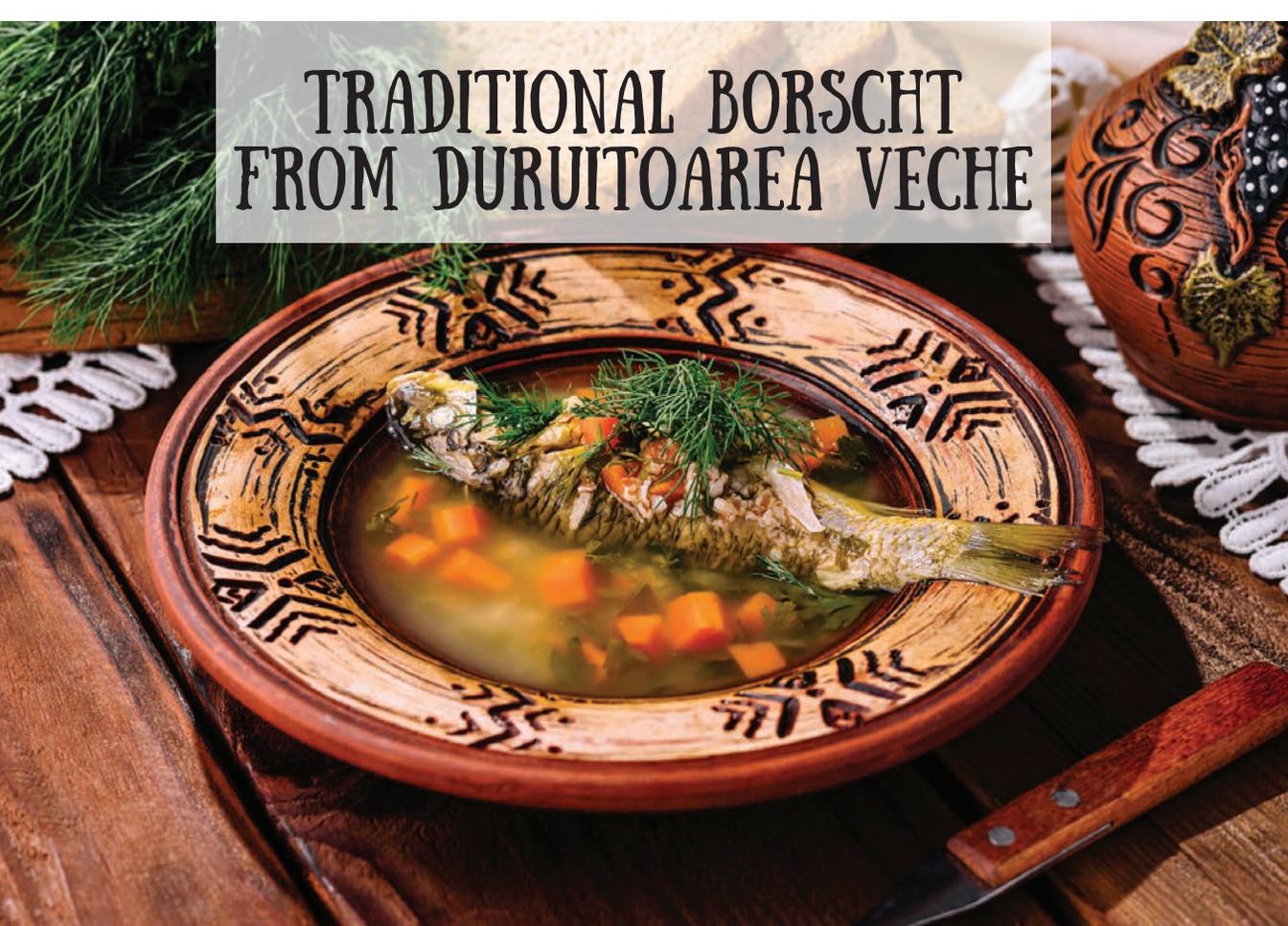
Heat the oven well in advance and put the 'baba' to bake.

Bake it for 2 hours at 180-200 degrees (it depends on how your oven bakes), reduce the heat to 120-150 degrees and bake it for another 1 hour. If you see that the 'baba' after 3 hours of baking is not dark in color, let it bake for another 1 hour, because ovens bake differently.

Be careful not to open the oven as long as the 'baba' is baking. After 3 hours of baking, turn off the heat and let the 'baba' stay in the oven for another 1 hour, after which you can take it out of the oven.

If you follow all the stages, you will have a 'baba' with a beautiful texture, all with holes and light. Cut the 'baba' when it cools a little and serve it warm.

TRADITIONAL BORSCHT FROM DURUITOAREA VECE



INGREDIENTS

- 1 carp or other freshwater fish
- 2 l of sour borscht
- 1 bunch of nettles
- 2 carrots
- 1 onion
- sorrel
- parsley
- 1 hand full of corn flour
- salt and pepper

DIRECTIONS

Let the sour borscht boil, add the nettle, until softens, but remains firm. This is precisely why the nettle is not boiled in water, because the peasants from Duruitoarea believe that in water the nettle “boatings”. When the texture has become silkier, we remove it with the “sourdough” in a colander.

In the same borscht, we boil the sorrel, the chopped carrot, the onion, when it's almost ready, add salt, pepper, and put the cleaned and sliced fish. Cook slowly on a low fire.

SWIRL PIES

with sugar beet and walnuts



INGREDIENTS

300 ml milk at room temperature
1 egg
1 tablespoon oil
1 tablespoon sugar
1 teaspoon salt
1 teaspoon dry yeast
3 and a half glasses flour
(250 ml per glass)
1 sugar beet
walnuts
4 spoons of starch

DIRECTIONS

Mix the ingredients into a dough, then divide it to make balls and let it rest for 20 minutes.

Roll out the balls the size of a plate, let them rest a little and give them a mixture of starch and flour (4 spoons of starch + 1.5 spoons of flour).

Remove the starch from the sheet with a brush. Sprinkle with a little oil and put the filling.

Prepare the filling: peel the sugar beet and grate it. Temper it in a cauldron in butter, until it softens (about 15 minutes). Cool it down and add the walnut kernels lightly fried in the pan without oil. Shape the pie and brush it with egg yolk.

Bake it for 30-35 minutes, at 180 degrees. After removing it from the oven, brush it with melted butter and cover it with a towel for 20-30 minutes.

MESŢNITĂ À LA EDINET

'rice pudding'



INGREDIENTS

2 glasses of rice
6 glasses of milk
100 g sugar
smoked plums
fruits for
decoration

DIRECTIONS

According to the ingredients, it is similar to the 'plachia', only the execution techniques are different.

Put the rice to boil in a large cauldron, add milk a little at a time and stir constantly, until it is absorbed, then add more milk and so on, until the rice becomes shiny and creamy. When it's ready, we pour it into soup plates and refrigerate it. We serve the 'meşniță' sprinkled with granulated sugar and decorated with smoked plums or fruit jam.

COLD MEATS A LÁ DOMULGENI



INGREDIENTS

Basic raw material: beef, pork, sheep, raw pork bacon

Spices used in small doses:

- pepper
- nutmeg
- allspice
- clove
- coriander
- ginger
- marjoram
- thyme
- cumin
- caraway
- bay leaves
- onion
- garlic
- paprika

DIRECTIONS

Hot smoking is done for cured meats and sausages, fish. The first time is smoking and then boiling, because the smoke will penetrate much better this way, the color and taste will be more intense, the pink color will be maintained.

Hot smoking is done with wood fire. The fire is made and when the flame goes down, so that it is not extremely strong, put the meats in the smoker.

The smoking temperature is maximum 65-75 degrees. Smoking sausages and fish takes a maximum 1-2 hours. The salami can be hot smoked for 3 hours, the pork flank for 4 hours, the ham for 4 hours. Hot smoking also has the role of partially cooking the dishes. Due to the heat, a hard film will form on the surface, and the dishes will have a splendid, reddish color.

Cold smoking is done for raw sausages, ham (pig's leg or ham), ribs, brisket, pork bones, raw-dried-smoked salami.

Cold smoking is done for a maximum of half a day for sausages or 1 day for salamis. For larger pieces of meat, smoking can last longer (1-2 days for each kg of meat):

1 day cold smoke, 1 day break, 1 day cold smoke, break... After this break, the smoke will penetrate in depth, the meat will dry slowly, so the preservation will be of very good quality.

Smoking with cold smoke will give a gray-brown color, you must not insist too much with the smoke, otherwise, the taste of smoke will be extremely intense and you will not feel any other taste, everything will be covered by the taste of smoke.

PLUMS WITH WALNUTS



INGREDIENTS

pitted prunes
walnuts
200 g sour cream
1 packet of vanilla sugar of
bourbon
1 tablespoon of sugar
a little cinnamon for
decoration

DIRECTIONS

Put the plums in a bowl and cover with hot water. Let it hydrate for about 30 minutes. Drain it with kitchen napkins.

Insert $\frac{1}{2}$ or $\frac{1}{4}$ of a walnut into each plum (depending on how big the plum is). It is recommended that this step is done at least a few hours before serving, so that the walnuts have time to soften a little.

Mix the cream with the sugar until completely dissolved.

In small glass cups, put a layer of cream, then some plums, another layer of cream, and plums and finally the cream.

Sprinkle it with cinnamon.

FRIED ICE CREAM



INGREDIENTS

- 950 g ice cream
- 120 g (1/2 cup) corn flakes
- 70 g (3/4 cup) shredded cornflakes
- 1 teaspoon cinnamon
- 2 eggs
- 1 tablespoon milk
- ½ cup (350 ml) vegetable oil
- 8 teaspoons honey

DIRECTIONS

Prepare a tray lined with baking paper

Scoop out 8 ice cream balls from an ice cream pan with an ice cream scoop or form with a regular scoop. Place the tray with the ice cream balls in the freezer for 1 hour.

Crush the corn flakes until small granules are formed (they can be crushed in a food bag that closes hermetically). Add cinnamon over the crushed cornflakes and mix well. Place the resulting mixture in a tray.

In a plate, beat eggs with milk for 1 minute. Take out (after 1 hour) the ice cream balls and dip them in beaten eggs and the mixture of crushed corn flakes and cinnamon.

The ice cream balls, placed on a plate, are left in the freezer for at least 3 hours or even overnight.

Afterwards, the ice cream balls are taken out and fried in a pan for 20-25 seconds. They are removed on a paper towel to absorb the oil. Add a teaspoon of honey over the ice cream balls and serve immediately.

POLENTA WITH SCRAMBLED EGGS A LA NORTH



INGREDIENTS

44-5 eggs (depending on
size)
green onions
dill
100-150 g corn
2-3 tablespoons cream
100 g sheep's cheese
pickles (or canned chicken/
duck, etc.)
1 teaspoon lard (canned) or
oil

DIRECTIONS

Chop the greens and cut the cheese into cubes (or grate it).

Saute the onion a little in the lard and then add our meatballs with all the cold/juice from the can (if it's a little, it's okay, add water later).

Add flour and water if it thickens too much and cook for 2 minutes. Instead of them, you can add 1-2 ladles of polenta porridge (also called sir or cir). We add the cream and the cheese and homogenize the composition. We add the eggs and put the lid on, but without mixing them. When the egg white has set, mix lightly and leave on a low heat for another 2 minutes. Add the dill and leave it under the lid for another minute, then turn off the heat.

ALIVANCA

polenta cake



INGREDIENTS

1 glass corn flour
2 tablespoons wheat flour
10 eggs
75 g sheep's cheese
200 g pork
1 tablespoon oil
salt and black pepper

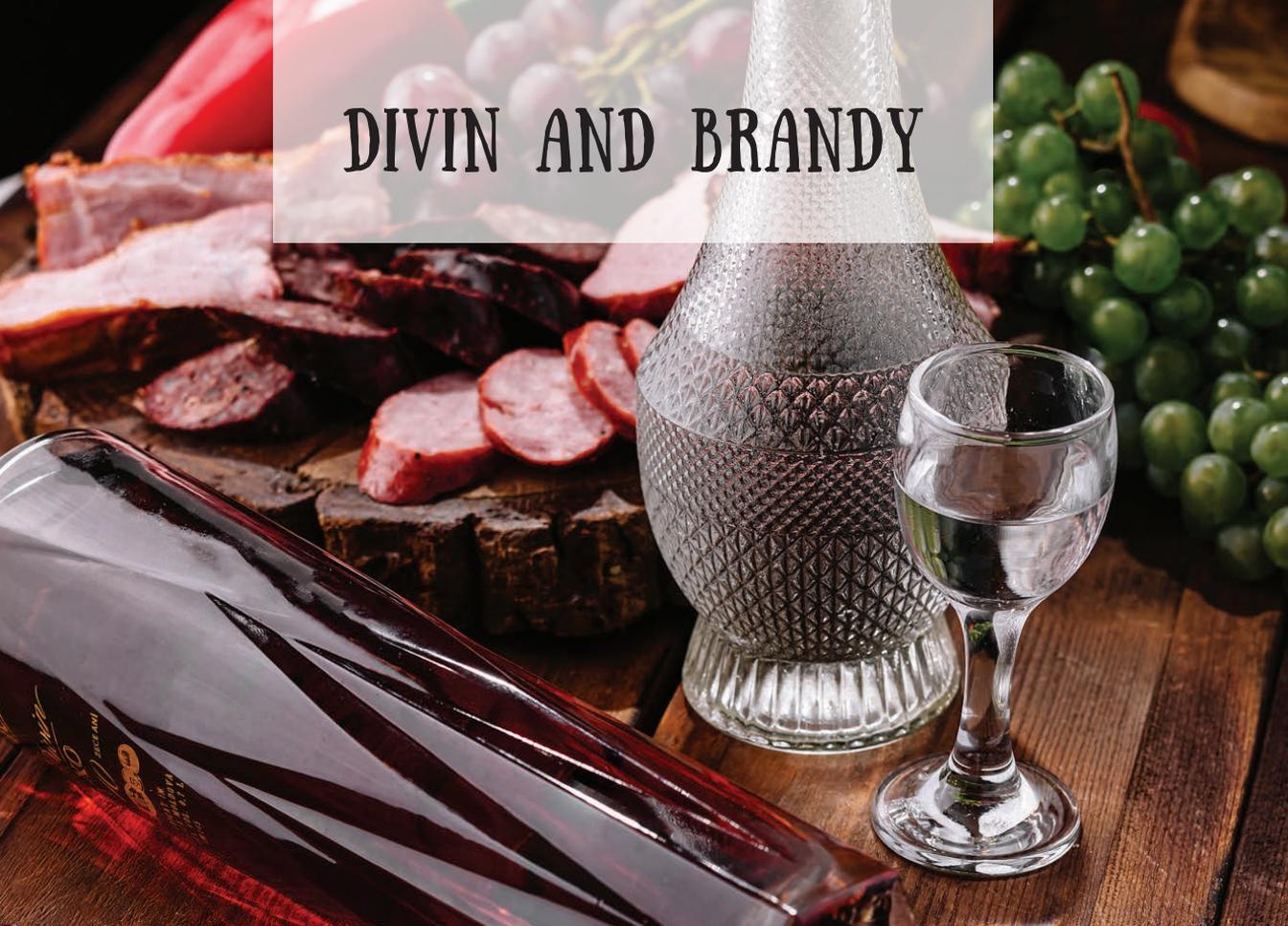
DIRECTIONS

The meat is cut into small cubes, fried a little until it browns. Mash the cheese with a fork or, if it's harder you can cut it into cubes.

Beat the eggs, add cheese and fried meat. Season with salt and pepper. Grease the tray or a baking form with oil. Pour the mixture and immediately put it in the preheated oven to 180 degrees, for 30 minutes.

Be careful, if you don't put it in the oven right away, you risk the eggs and cheese rising to the top of the pan, leaving the corn at the bottom.

In Drochia, Alivanca is made without meat, but with lots of dill and green onion. It's lighter and fluffier.



DIVIN AND BRANDY

INGREDIENTS

5 kg plums
200 g sugar

DIRECTIONS

Place the plums in a large barrel, preferably wooden. Sugar is added over the picked fruit and left to macerate, to ferment. Do not put too much sugar because it will alter the final taste. Sugar is an optional ingredient in the brandy recipe, as well-ripened plums have natural sugar in them. But, if you want to give the drink an extra taste, then sugar can be added. The sugar also helps make the brandy sweeter, if the plums aren't ripe enough. After the fruits have fermented in the barrel, the actual brandy preparation begins.

To be able to produce brandy from the obtained mixture, we need a still. It would be recommended to use a stainless steel still or a cauldron. After placing the dishes, add the composition to the cauldron of plum brandy and prepare the fire for boiling. The fire for a brandy boiler can be made with either wood or a gas burner. Both the fruit bowl and the lid must be closed tightly. For the first 10-15 minutes, the fire under the cauldron can be stronger, but then the flame is reduced, so that the decoction boils slowly, on low heat, in order not to disturb the distillate and not to rush the boiling, which will lead to losses of taste and aroma. At the mouth of the serpentine drain pipe, where the brandy flows, place a pan with a gauze to protect any impurities that may fall into the brandy.

At each distillation, three types of brandy are obtained: head, middle and tail. The head is the first brandy that comes out of the cauldron and has a high concentration, usually over 70% alcohol. It is also toxic because it contains methyl alcohol and other substances, and its smell is very pungent. The tail is weak and sour, and the middle represents the amount of brandy in the distillate, which is retained. Like other drinks, plum brandy needs time to age and improve its quality.



STUFFED PEPPERS

with cheese in cream sauce

INGREDIENTS

peppers
400 g cottage cheese
(‘brânză’)
1 egg
dill (optionally some green
onion)
salt

DIRECTIONS

We bake or fry the peppers. When they are ready, cover them and leave them for about 20 minutes or until they cool down, so that they peel more easily.

Mix the cheese with egg, dill and salt.

Peel the peppers, make a cut on the side and fill them with the mixture. We close the pepper the way the ‘sarmale’ (stuffed cabbage) are closed, i.e. side by side, dust it with wheat flour and put it in the dish greased with a little oil. This is how we proceed with all the peppers and arrange them next to each other.

Put the vegetables in the oven for about 20 minutes (or until they turn brown), at 180 degrees. If you want, you can fry the peppers in the pan on both sides.

Serve the peppers hot or cold with sour cream or tomato sauce.

CHRISTMAS BORSCHT

a lá the North



INGREDIENTS

1 kg pork breast meat, ribs
cabbage
1 carrot
1 onion
1 parsley root
1 kg potatoes
salt and black pepper
chopped greens

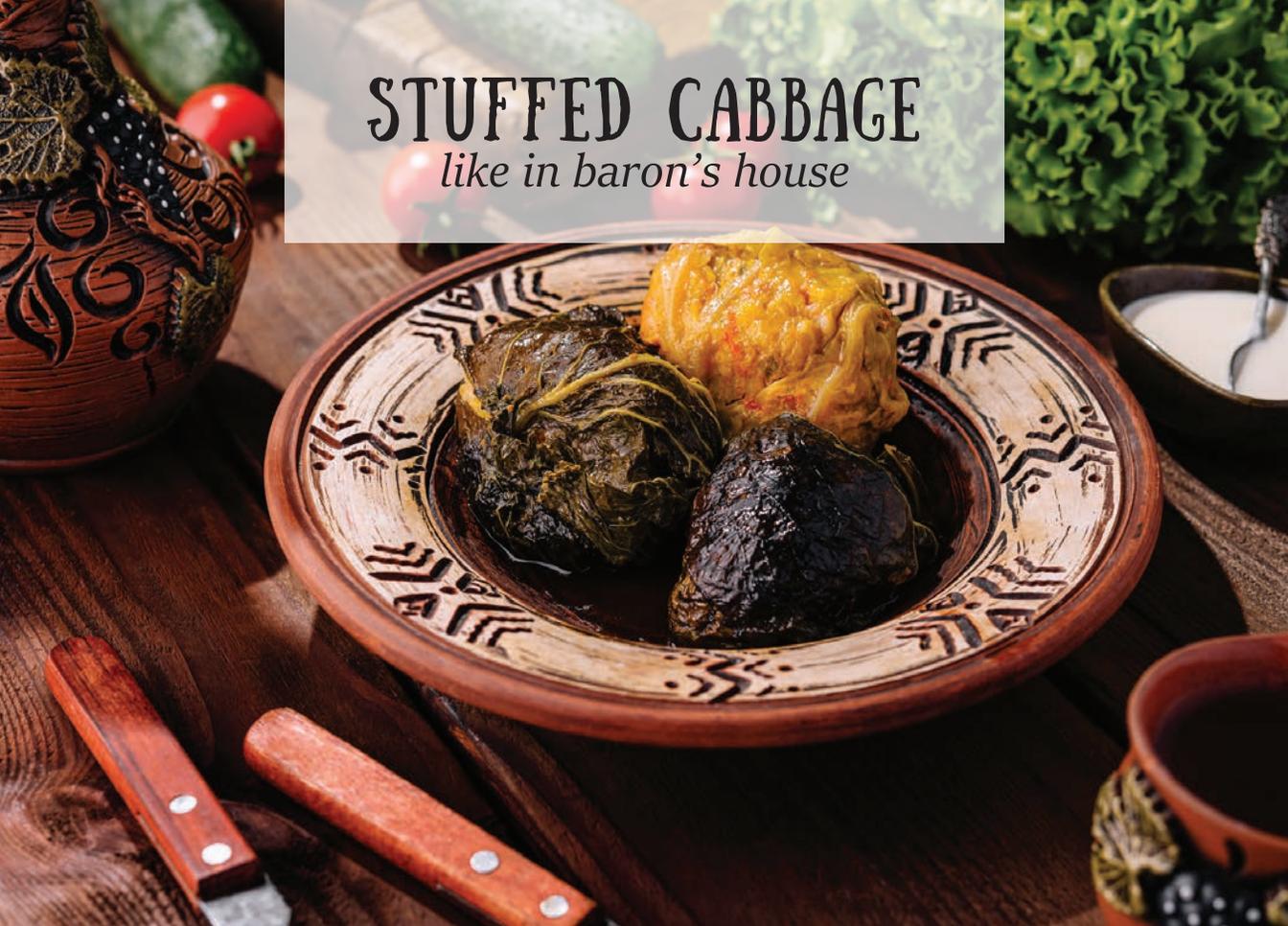
DIRECTIONS

We cut the pickled cabbage briskly into 4. We rinse it in two waters, so that it comes out of the pickle. We cut the fresh cabbage in the same way. We split the meat about two ribs per piece. We cut the vegetables, washed and cleaned, into bite-size pieces, so that they remain whole and presentable on the plate. We put a layer of cabbage in the pot, then a layer of meat, and so on, all the way to the top. We add salt and pepper as needed, we will not add more at the end unless absolutely necessary. Cover with cold water. We put on a strong fire, until it boils, once foaming, we reduce the fire to low.

We boil it for 2 hours and do not mix or turn to the other side, we only make sure that the liquid decreases by more than half, but does not disappear completely.

STUFFED CABBAGE

like in baron's house



INGREDIENTS

700 g turkey meat
300 g pork
3-4 large carrots
3-4 large onions
200 g fresh cabbage
passed through a fine
grater
400 g rice
100 g tomato paste
150 g pork fat
200 g oil
spices:
bay leaves, allspice, hot
pepper mix,
1 teaspoon ground
coriander
salt to taste
leaves of sauerkraut from
2-3 heads

DIRECTIONS

Chop the meat and fry it in pork fat for 3 minutes. Add the onion cut into small cubes, the carrot, the grated cabbage in the oil, on a low heat, until it softens a little. Add the tomato paste and sauté all the vegetables for another 5 minutes, add salt to a taste.

We wash the rice in several waters until we make sure that it is clean and we incorporate it into the cooled vegetables and meat. Add the spices, check if they still need salt.

Wash the cabbage leaves with water and, if they seem too sour, put them in cold water for a few hours. Check if the sourness has come out, proportion the sheets and put them on the edge of the dish to drain. Make sure to put all the necessary things and start preparing the "sarmale".

Bon appetit!

OUR SERVICE PROVIDER

FROM THE REGION

APITHERAPY

Relax and rejuvenate in our Apihouse in Chiscareni followed by honey tasting. Just 30 minutes listening to the hum of bees, relieve the stress of the busy city life.



Rural House "Albinuța", Chișcăreni



The guesthouse "Hai la nea Ion" (formerly "Casa mierii") is located near Taul Park with the exceptional beekeeping products, here you can enjoy traditional dishes (pies, sarmale, black & white bean), but also for fresh air and picturesque landscapes. The guesthouse offers accommodation and apitherapy services.



"Hai la nea Ion" Guesthouse

AGROPENSIONS WITH STUNNING CUISINE:

In this agro-pension, you just sit, enjoy yourself while reading a book, swimming or taking some getting your meal prepared from the vegetables and fruits in the garden. It turns out to be a good feel oasis for everyone.



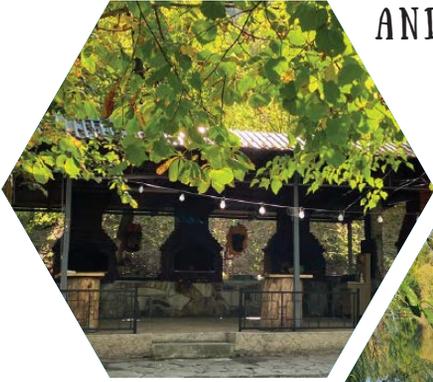
Rural house
“Popas Regal”, Cobani



The rural house “La bunica” in Chiscareni is a family run business where three generations work. In the art of dishes prepared, one can relive childhood memories, feeling like at home.

Rural house “La Bunica”,
Chiscareni

CAMPING SITE ON THE QUIET BANKS
OF DNISTER WITH CELEBRATION
AND BBQ FACILITIES.



“Visomieș”, Cosăuți

“Hanul cu Noroc”
is an ecotourism guesthouse,
located 100 m from
the shore of the
Stâncă Costești reservoir



“Poiana Verde”, Soroca



Guesthouse “Hanul cu Noroc”,
Duruitoarea Veche



Here, you feel like you're in
an enchanted story, where time
slows down and life's simple joys
take shape!

This guesthouse wins the hearts of its guests with its authentic charm and dedication to Moldovan traditions.



“Butoias”
Guesthouse,
Glodeni



Guesthouse “Hanul Nordic”,
Donduşeni

If you want to discover the authenticity of country life and enjoy an unforgettable rural escape to the “Hanul Nordic”

FARMS



“Vilador” Farm,
Slobozia-Măgura

Goat farm, “Vilador” is a place where you can truly feel the beauty of rural life and connect with tradition and the environment in an authentic way.



Farmhouse with ostriches,
located on the banks of the
Cubolta river.



Ostriches Farm , Drochia



Trout farm, Agripension
“MD Village”, Ocnita

The only trout farm in Moldova opens its doors wide for its customers, offering the freshest fish & traditional dishes as well as accommodation services, sauna, pool, Carpathian cauldron.



FOOD & DRINKS:



The only company producing divin and brandy in North of Moldova with 50 years old brandy.

Come and visit us be surprised!



“Barza Albă”, Bălți



Restaurant where traditions are offered in modern way



Restaurant “Noroc”, Bălți

MAP

NORTH OF MOLDOVA



**Slovak
Challenge
Fund**

SlovakAid
GOOD IDEA SLOVAKIA

 **MINISTRY
OF FOREIGN
AND EUROPEAN AFFAIRS
OF THE SLOVAK REPUBLIC**



 **North
Regional Development
Agency**

PRO4CE