



Study on Banat's traditional gastronomy

Luminita PIRVULESCU, Despina-Maria BORDEAN, I. PETROMAN, Cornelia PETROMAN, C.
RUJESCU - USAMVB Timisoara
Steluta RADU - USAMV Iasi
Claudia SIRBULESCU - USAMVB Timisoara

The cuisine from Banat is characterized by tasty, fat and nourishing meals. "Ciorba" is soured with lemon, supplemented with cream and seasoned with tarragon. Soups are cooked with home-made noodles, and with "rantas", as well. Home-made noodles are much used for snacks, meals and also for sweets. With home-made noodles, we may cook the well-known "iofca" with cabbage, nuts, milk, poppy; there is also the goulash, which is cooked in most kitchens from Banat. There are some specific dishes in Banat's area that are prepared during the Christian holidays, Christmas and Easter. Most of these dishes are borrowed from other folks who live even today in the Banat's multicultural and historical area.