

STUDY ON BIHOR COUNTY TRADITIONAL GASTRONOMY

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Abstract: *The gastronomy of the Bihor area is diversified and highly appreciated by the inhabitants as well as by foreign tourists. Cooks compete in making, according to their own recipes: pies, sausages, cakes, jams, syrups, compotes, zacusca and many, many, other goodies. The cuisine of Bihor is very tasty, balanced, with delicious local recipes, complemented by influences received over time from the cohabiting nationalities : Hungarians, Slovaks . In this study, we make a brief presentation of the culinary customs and traditions met in the multicultural area of the Bihor county, with focus on the region called ȚARA BEIUȘULUI.*

Key words: *gastronomy, traditional, cuisine, Bihor, pies*

INTRODUCTION

Romanian gastronomy is a mix of flavors and colors, customs, traditions and preparations especially depending on the season, holidays, events . Food is a universal language, perhaps the most accessible that people from different categories of society, with different degrees of culture, understand [3].

The qualitative analysis of traditional Romanian cuisine shows that it can be characterized as a unitary whole, despite the differences in the assortment structure of the dishes, the way of preparation, the spices used or the association of different raw materials, there are regional particularities.

Research has shown that traditional Romanian recipes contain a significant number of bioactive elements, with beneficial effects on health. We can thus consider that we have a rich and varied traditional cuisine.

Each historical province of Romania has a culinary specificity. The same dishes can be found in different areas of the country, but each area has its own specificity in terms of the quantities of ingredients used, the way of seasoning, the methods of preparation and serving [6].

In the context of the social plea for a multicultural European society, the multicultural gastronomic experience has been noted. This is also the case for the inhabitants of the Carpathian-Balkan area who have contributed to the perpetuation of the traditions and cultural identity of the peoples that constitute Europe today [5].

Over time, a number of exchanges and culinary interferences have appeared, in chronological order: the Romanians of Transylvania have in common with the Hungarians the “*rântaș*”, the steaks with fruit sauce and many recipes of sweets from Austrian cuisine Romanians have also taken over the famous strudel.

Romanian cuisine, in addition to the traditions inherited from the ancestors began to enrich its range of dishes, taking from the traditions and customs of other peoples, especially neighboring peoples. It is thus noted in Romanian cuisine the presence of a strong multiculturalism, even foods considered "traditional" having strong links with various cuisines and culinary styles outside the country's borders [5].

MATERIALS AND METHODS

In this study, we make a brief presentation of the culinary customs and traditions met in the multicultural area of the Bihor county, with focus on the region called “ȚARA BEIUȘULUI” [7].

The Beius Depression is located within Bihor County, being bordered to the north by the Pădurea Craiului Mountains, to the east and southeast by the Bihor-Vlădeasa Mountains, to the southwest by the Codru-Moma Mountains and in the northwest the depression communicates with the great Western Plain [4, 7].

This work presents a series of customs and traditions specific to Bihor's cuisine, which has many Hungarian, Slovakian, Austrian, etc. influences.

The gastronomy of the Bihor area is a diverse one and highly appreciated by the inhabitants but also by foreign tourists. Bihoran cuisine is a very tasty one, with delicious local recipes, complemented by influences received over time from the cohabiting nationalities. Bihor's cuisine, is balanced, being prepared foods that can satisfy the most refined tastes, but also the daily need of nutrients [6].

Cooks compete in making, according to their own recipes: pies, sausages, cakes, jams, syrups, compotes, zacusca and many, many, other goodies. In turn, men pride themselves on plum, apple, pears or wild cherries palinka.

RESEARCH RESULTS

The cuisine in the Bihor area ensures a healthy diet, achieving a balance between the energy values in food and the daily calorie requirement. As specific ingredients remember: cream, which is added to almost all soups, dishes with minced meat, mushroom stew. The lioness is considered "king" and is used with great generosity. Frequently, steaks are "stuffed" with garlic [1, 2]. "*Ciorbele*" is soured with vinegar, or with "moare de varză" (pickled cabbage juice) and "se dreg", or improve organoleptic by the addition of egg and cream. Soups are cooked with "*rântaş*".

Below we will recall some of the dishes specific to the Bihor area.

We call it "*leveşe*", but everyone knows it by its standard name: chicken soup. The Bihor "*leveşe*" keeps some secrets that guarantee its authentic taste. The original taste is given by chicken raised at home. The age of the bird is also important. The intense taste and the fatter soup are provided by the cooking of a mature chicken, and for the lighter version, more dietary, a young chicken can also be used. Vegetables (carrots, parsley, celery, onions) complement the flavor of the soup. The Bihor "*leveşe*" is also known by the noodles! In the plates you will find especially the small squares and "*gârteni*", ready to conquer you by delicacy [10].

The Bihor Goulash is a food of Hungarian origin, but which is appreciated throughout the Romanian space because of its taste. It is a nutritious, tasty and aromatic food, because cumin, which is the basic ingredient, gives it a special flavor. The combination of meat, vegetables and dumplings made from flour, egg and salt, makes this stew the perfect choice for a family meal [15].

"*Papricaş*" is a dish with Hungarian influences, it must necessarily contain Paprika, hence his name. It can be made with chicken, pork or plain just with potatoes, but it is a fairly hearty dish that can be served successfully for a lunch or made out to the teapot in nature.

A fasting soup specific to Bihor area is "*zamă cu cici*", the soup in which the beans are boiled, with vegetables and pepper. In this soup are cooked dumplings made of flour with water, called "*cici*". The local name for the soup is "*zamă*" [12].

Another specific soup is kohlrabi soup, with sour cream, "*rântaş*" and flour dumplings [11].

"*Curechi de cucurbătă*" (zucchini food) is an old recipe picked from the area on the western border of the country, in the Pădurea Craiului Mountains. That's where this great zucchini dish is made with sour cream and dill.

A dish taken from Hungarian cuisine, which is not missing from “*Cina porcului*” (Pig Dinner) in Bihor area is “*Toros*”. It's a fatty winter dish with sour cabbage and fresh pork meat. It's really a culinary tradition that can't be ignored [17].

“*Chisătura*” is a paste of finely chopped bacon mixed with parsley and red onion. It's the sandwich of the shepherds or the grasshopper from Transylvanians. A special delight is the bacon held in salt and well smoked (sometimes sprinkled with a little paprika). A simple but effective recipe. The locals are crazy about this snack. Especially when it combines with a tomato just picked from the garden [13].

“*Pipăraica (Oașpică)*” is native to the area of Bihor, where the locals prepare it frequently. The savoury taste of the food is given by the sauce, a combination of cream, garlic, flour, yogurt and breadcrumbs. Serve with roasted smoked homemade sausage [14].

With apples, cheese, potatoes or cabbage, the pies of Beius Country would make any woman forget about the diet. It is the housewives in the villages of Bihor who carry on the recipes learned from the ancestors. The recipe goes from generation to generation, and whoever tastes it becomes the ambassador who says tradition must go on. The housewives have prepared trays of 'turns', which will sit at the table at any events and holidays [7].

The most famous pies in the Beius Country we will further exemplify.

VĂRZAR DE BIHOR

The dough is made of flour, milk, yeast, oil, egg, salt and a little sugar. The filling contains onions, lettuce and dill mixed with homemade cheese. "For the good pie to come out, this one from Bihor that's traditional to us, the oven has to be burned well. If you're not an expert at burning the oven, the pie doesn't come out good," says the cook Catita Fofiu. After it has been removed from the oven, the pie is greased with bacon to make it taste great [16].

PLĂCINTĂ CU BRÂNZĂ DE OAIȘI ȘI CARTOFI CA LA VAȘCĂU (PIE WITH SHEEP'S CHEESE AND POTATO FROM VASCAU)

In the Beius Country, where the village of Vașcău is also located, the people of the place are welcoming and very hospitable hosts, and in them you must try a pie, according to the traditional recipe of Bihor, with potato filling and cheese of sheep, baked in the traditional oven. The sheets contain flour, oil, salt, warm water. The filling consists of boiled potatoes, sheep's cheese. The secret of the pie lies in the success of the pie sheets, very thin. At many events (weddings, parties) in Bihor you will find this pie as a hot appetizer [9].

PLĂCINTE ȚĂRĂNEȘTI CU CARTOFI DE POST, LA TIGAIE (FASTING PEASANT PIES WITH POTATOES)

Are tender, soft and very tasty, that if you start to eat you do not know how to stop. Can also be made with cabbage, cheese, or combined. These potatoes are eaten especially during fasting but are also the favorites of vegetarians. The recipe is simple and quick to make, From the simple dough (flour, warm water, salt, yeast) are made round pies that fill with potatoes and fry in the pan in a little oil on each side [8].

CONCLUSIONS

The Bihor area cuisine is strongly influenced, like the cuisine from Transylvania, by the Austro-Hungarian cuisine. Romanian cuisine has managed along time to maintain its tradition; cooks knew how to transmit to their followers the taste of the traditional meals, and improved and refined the recipes, generating a real Romanian culinary art.

The same dishes we can find in other areas but each area has something specific both in terms of dosing raw materials, the technology used and seasoning as well.

"In our gastronomic tourism initiatives we have focused on good quality ingredients, perhaps even banal, common, forgotten by some. We start from the main ingredient, not the recipe, identify an edible ingredient from spontaneous flora or organic farming and submit it to a research process to present it in the brightest version. Our approach has always meant a simple, well-known and inexpensive raw material, a laborious and complicated process of research and processing to end in a product that, in addition to taste and presentation on the table, contains adjacent and a curious story." says the Spanish chef, adopted by the Beius Country, Quim Rueda Pilar [7].

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