

**THE INFLUENCE OF THE CUISINE OF ETHNIC COMMUNITIES
ON THE BANATIANS' EATING HABITS**

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***Abstract:** Traditions, habits, folklore, traditional costume and cuisine are priceless treasures that define a people making it unique, steady and immortal in time. The aim of this study is to present the heritage which the ethnic communities that lived in the Banat area left to the local gastronomy. The traditional Banat cuisine is fascinating in its richness and variety, due to the influence of the nationalities living in this multiethnic area: Swabians, Hungarians, Serbs, Russians, Bulgarians, Ruthenians etc. Banat has a rich cuisine, with some peculiarities: sweetened sauces and soups, savory steaks and pilaf straightened with greens and paprika, strongly influenced by the cuisine of the cohabiting nationalities. The studied literature showed that the most dishes borrowed from the cohabiting ethnic groups are in the category of desserts (10), followed by liquids preparation (8) and main dishes (5). The strongest influence had the Hungarian gastronomy, followed by the German one, but also, Serbian and Slovak dishes greatly determined Banatians' eating habits.*

Keywords: *culinary traditions, ethnic communities, Banat area, cuisine*

INTRODUCTION

The traditional Banat cuisine is complex and very attractive due to its diversity and opulence, being strongly influenced by the eating habits of the coexisting nationalities in this multiethnic area: Swabians, Hungarians, Serbs, Russians, Bulgarians, Ruthenians, Roma, etc. Banat cuisine is characterized by fatty, nutritious and tasty dishes and was strongly influenced by Austro-Hungarian cuisine, but also largely by Greek, Italian or French cuisine [17]. The culinary feature of the area is the souring of soups with lemon and the addition of plenty of cream. Dishes prepared in Banat are mostly made from pork, chicken or beef, with vegetables fried in lard or oil, with flour sauces, to make them more consistent, seasoned with pepper, thyme, paprika or cumin. [22,10,8]. As famous in the western area are "sarmale", made of minced meat, "as big as a cat's head", very consistent so that no more than one or two can be eaten at a meal [17,3,34,35]. Among the Hungarian soups, which won the hearts of gourmets around the world, including those taken over by Banatians, are: bogrács gulyás - goulash soup and halászlé - fish soup. Goulash soup can be prepared both as gulyásleves - at home and as bogrács gulyás - on the hearth in a special bowl suspended over the fire. Other typical dishes of Hungarian cuisine are, of course, lecsó - steamed vegetables served as a side dish with meat, csipetke - dumplings served with goulash and soups or Lángos - a pie fried in oil, served with cream or garlic [2]. In the top recipes of Banat, borrowed from Hungarian cuisine is the dish "Varga Beleş", which is a homemade noodle pudding with cottage cheese and raisins, wrapped in pie sheet and baked in the oven. Dumplings, "crofnele"- donuts, "scovergile"- pancakes, boiled meat with bone "rasol", steaks, paprika, "taschetele" with different fillings, "zupa"- soup, pies

and spice fresh pork dishes are some of the most known dishes taken from ethnic groups as Germans, Serbs or Slovaks, who are prepared and served both on ordinary and holiday days or at special events [21,32]. The culinary specificity of Banat is characterized by: the combinations of salt and sweet, the preference for noodle soup instead of sour soups or borsch, the consumption of boiled meat from soup, subsequently cooked by frying and last but not least desserts with various ethnic influences [8,31]. The dishes are high in fat, nourishing and appetizing, having as specificity the sauces with lentils, whose component includes toasted flour over which is added bone or vegetable soup and seasoned with cream [17]. The most consumed dishes in the Banat are: poultry soup with homemade noodles, goulash soup, tarragon-flavored soups, paprika, old-sarmale, stuffed onions, pljeskavica, boiled meat from soup (rasol) with tomato, cherry, apple or garlic sauce, roast meat (steak) with potatoes combined with compote (plum, quince, pear or apple) and homemade cakes with a lot of cream [17,3,6]. The aim of this paper is to present some of the culinary dishes consumed by Banatians for generations, which were taken from ethnic groups that have coexistence in this region over time.

MATERIALS AND METHODS

The methodology accessed in order to carry out the study consisted in studying the specialized information and those taken from the inhabitants of the South-West region of the country related to the ethnic communities that have settled over time in Banat, respectively those in the ethno-gastronomic field specific to this geographical area. The data are presented in a systematized form.

RESULTS AND DISCUSSION

The original names of the preparations, the ethnic origin, the composition and the characteristic elements are presented in Table 1 (snacks), Table 2 (liquid preparations), Table 3 (main dishes) and Table 4 (dessert).

Table 1

The original names of the preparations, the ethnic origin, the composition and the characteristic elements of snacks

Original name	Ethnic origin	Composition	Characteristic elements
Tepertos pogacsă Pogača	Hungarian Croatian, Bosnian	Pogăcelele are pastries made from a puff pastry or tender dough filled with pork chops and divided into small pieces or in the form of pasta, seasoned with salt and pepper [1].	The adjective "tepertos" characterizes the scallops resulting from the melting of pork fat, which is the raw material characteristic of pogacele with scallops. They have a round, cylindrical shape, with a diameter between 3-5 cm and a mass of 25-50 g and are notched on the surface [11].
Schwäbische Spätzle	German	Spätzle ('spice') is the dish based on egg and flour. They can be eaten plain, fried in butter and seasoned with cheese or as an addition to stews, paprika, or soups (tomatoes or peas), where they are used as a substitute for semolina dumplings. [25].	The flour dumplings are specific to the Banat and Transylvania area. Two types of flour dumplings are known: - the elongated German ones, known as spätzle;- the Hungarian ones, which have smaller dimensions, a shape closer to the round one, which after preparation and cooling is left to dry, called csipetke. In Germany, Austria, Hungary, but also in our country, in Transylvania and Banat, a device specific to the formation of these dumplings is used, a press that is also used to press potatoes, respectively to form plum dumplings [25].
Bryndzové halušky	Slovak	Cheese dumplings are a dish inherited by the people of Banat from the Slovaks who live in this part of the	Bryndzové halušky is a modest and simple meal, consisting of three elements: dumplings, cheese and bacon. Halušky is a traditional Slovak name for a type of dumpling made with raw potatoes and

		country. They are prepared from a dough whose main ingredient is potatoes. The consistency of the dough is soft [13, 5].	flour. The second essential ingredient in this dish is bryndza, a flavored cheese made from sheep's milk, authentic for the Liptov area. The original Slovak cheese is salty, strong-tasting, raw and light gray in color, while the mass-produced local varieties are usually milder, lighter and usually have a certain percentage of cow's cheese. Bryndza is added directly to the halušky and mix well until melted. The third part of this preparation is bacon, usually cut into small pieces, fried in a pan and sprinkled over the food. This hearty meal is a symbol of pride for Slovaks and symbolizes Slovak cuisine as it is: simple, straightforward and traditional [13,5].
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As it appears from Table 1 and from the studied bibliographic data, three ethnic groups were identified that left their mark on snacks.

Table 2

The original names of the preparations, the ethnic origin, the composition and the characteristic elements of liquid preparations

Original name	Ethnic origin	Composition	Characteristic elements
Kapustnica	Slovak	The dish was taken in Banat from Slovak cuisine and is a soup whose main ingredient is pickled cabbage mixed in a thick, dense liquid that also contains potatoes, bone and smoked sausages, dry plums, onions, tomato broth, garlic, cream, paprika and seasonings (salt, pepper, thyme, bay leaves) [5,20].	Sour cabbage soup with sausages is a Slovak dish, which is traditionally served at Christmas Eve dinner. However, it is also consumed throughout the year as a liquid preparation before the main course. The acidity of sour greens is neutralized by dry plums, which are sweet[5,20].
Krautsuppe	German	It is a Banat cuisine with German origins. The ingredients are: sour cabbage, pork, beef, chicken, stuffed homemade sausages, rice, peas, onions, carrots, parsnips, tomato paste, parsley leaves. The meat is divided into cubes [22].	Cabbage soup is traditionally eaten on New Year's Eve, in the morning. It can be prepared in a variety of ways, but the original German recipe recommends the use of only white root vegetables: celery, parsnips and parsley root. It is a very consistent preparation due to the variety of types of meat in the composition and has a high energy value, for the same reason [22].
Papa del pomodoro	Italian	It is a soup specific to the Banat area, with Italian influences, which requires a quick and easy preparation. The soup consists of: onion, oil, white flour, tomatoes, tomato paste, salt, pepper, honey, cream, fresh basil [32].	The preparation is taken from Italian cuisine, knowing that many ethnic Italians live on the territory of Banat, who have opened businesses in the field of hospitality, agriculture or the textile industry. Cream of tomato soup is an easy, appetizing and attractive dish, being one of the most popular dishes in Banat [32].
Salad soup	English French	Salad soup is eaten both in Banat and in Bucovina and Transylvania, respectively. It is a satiating product with high energy value, despite the main ingredient, due to the other components of the recipe, which	A green, spring composition, in which the winter persists its smoky aroma ", says Emanuel Ciocu. Compared to wolfberry or nettle soups, which are simple stews, lettuce soup is a refined mix of greens, fermented cream, fried eggs and fried pork smoked. To give an exotic aroma, the soup can be

		gives an increased caloric intake to the preparation. The ingredients used in this preparation are: lettuce, green onion, green garlic, flour, paprika, oil, milk or fresh whey, sour cream or yogurt/sana/fatty kefir, egg yolk, dill, smoked bacon, salt, pepper, lemon juice. [28, 33].	seasoned with larch leaves. Western versions of salad cream soup are consumed by the French and English. In France it is known as "soupe de salade", a cream soup that is served with cheese in this country. In England it is also prepared in the form of cream, it is called "salad soup", and served with fried sausages. The French eat it with toast in olive oil, over which they place soft white cheese. The British associate it with fried sausages, or boil salad in milk and season it with sugar and vinegar [28].
Köfte Çorbasi	Turkish	Meatball soup is consumed in all regions of the country, but in each area a specific ingredient is used that gives specificity to the preparation and that makes it characteristic of the area. In Banat, the ingredients used in the preparation of this dish are: minced meat (mixture of pork, beef, chicken, in a ratio of 2:1:1), onion, rice, salt, pepper, paprika and eggs for meatballs, respectively onion, tomatoes, root vegetables, greens and soup salt [18].	In Romania, soups are the most appreciated culinary dishes, due to the feeling of comfort it induces when consumed when returning home after a long trip, after a tiring day or in the cold season when it gives a pleasant feeling of warmth. The origin of the meatball soup, respectively of the soups in general, is Turkish reaching us in the country through the peoples of the Ottoman Spas during the wars with them. Nowadays, in Turkish gastronomy there is a dish similar to meatball soup, called köfte çorbasi [18].

From the literature study were identified a number of 6 ethnic groups (Table 2) that influenced the type of liquid preparations consumed by the inhabitants of Banat, being borrowed an assortment from each of them.

Table 3

The original names of the preparations, the ethnic origin, the composition and the characteristic elements of main dishes

Original name	Ethnic origin	Composition	Characteristic elements
Paprikas Cherven piper	Hungarian Bulgarian	Paprika is commonly made from chicken, but pork or beef are also used. It is actually a stew, seasoned with paprika in abundance and seasoned with flour dumplings. The composition of paprika includes the following ingredients: chicken, pork or beef with bone, cream, sweet pepper, onion, paprika, spices (garlic, salt, pepper). The dumplings are made from flour, egg, oil, salt [17,4].	The name of the preparation is determined by the use of a considerable amount of paprika, which is widely used in Hungarian cuisine. Paprika is one of the most popular traditional dishes in Hungary. A variant of this preparation is also found in Bulgarian cuisine. The difference is due to the fact that less quantities of paprika are used. Another feature of this dish in Bulgarian cuisine is the use of green, sweet peppers divided into small cubes [17,4].
Broskva	Croatian	The word brozbe is borrowed from the Croatian language where it is called "broskva" and means turnip. "Brozbe food" is mainly prepared in the mountain Banat, but is also consumed in the Hunedoara area. The ingredients in the composition of this preparation are: brozbe (turnips, instead of which beets can be used), pork with bone, flour, oil, spice (pepper, salt), cream (for serving) [7, 32].	"Brozbele" is used in different areas of the country with different meanings. Brozbele with the meaning "turnips" is cultivated in very few areas in Banat and Transylvania and are rarely found today [7, 32].

Strudlknodl	Swabian (German)	<p>It is one of the culinary preparations that have stood the test of time. It has been consumed in Banat for more than 300 years since it was brought to this region by German settlers. "Paturata" has few ingredients in its composition, which makes it accessible to low-income families. The manufacturing recipe includes: Dough: wheat flour, water, oil, vinegar, salt. Potato food: "pork ham" (homemade ham) or any kind of smoked, white potatoes, onions, carrots, tomatoes, paprika, spice (bay leaves, salt, pepper), green parsley Stuffing (optional): sweet cow's cheese, telemea, dill (optional), egg [21].</p>	<p>"Păturata pe crumpi", also known as "Turtă-ncinsă pe crumpi", appeared as a subsistence preparation, but with a noble taste. It has its origins in Swabian culinary habits, in this language having the name of Strudlknodl. Translated word for word, it is called "ștrudel-gălușcă". This food is characteristic of the Banat area, where an annual festival is dedicated to it. In two villages from Ciacova commune it is also called hopper. The preparation was brought to Banat by the first colonial wave of Swabians who arrived in Ciacova. It was made up of families with modest material possibilities, so the recipe for this dish is simple and contains common ingredients and easy to buy. It is a mixture of paprika and strudel dough. At first it was prepared simply, and later it was improved by adding a filling of a mixture of sweet and salty cheese, seasoned with dill. The name of the blanket is due to the fact that the dough is unwrapped in overlapping sheets during boiling, as if it were: "blanket over blanket, over blanket". Cipriana Sava, councilor for tourism issues, at Ciacova City Hall.</p> <p>The crusted blanket can also be eaten as a fasting food and in this case the meat and filling are given up. To give taste and smoothness to the preparation, grease the dough sheet well with a lot of oil and sprinkle with fresh parsley and chopped green onions. The cheese filling is inserted into the dough before rolling it. Being a very consistent preparation, it is not associated with anything (bread or salad) [21].</p>
Gekochter Knochen	German	<p>A recipe borrowed by Banatians from ethnic Germans in this area is beef broth with aromatic herbs. Composition: fatty meat with bone, root vegetables (parsnip, parsley, carrot), onion or chives, spice (peppercorns, mustard seeds, bay leaves coriander seeds) [9].</p>	<p>Bone brine is a borrowed dish from German gastronomy. It can be prepared from beef, veal or pork. The breast head is preferred in the case of beef or veal and meat with bone in the case of pork. For more flavor, the meat must also contain fat [9].</p>
Zuspeise	German	<p>"Țușpaisul" from zucchini is a light summer dish, very versatile and involves a quick cooking technique, which can be adapted according to the ingredients available at the time of preparation. The main ingredient is zucchini, associated with various dairy products, such as milk, yogurt, cream, whipped milk or kefir. Along with the ingredients mentioned in the recipe, onions, oil, wheat flour (to give consistency to the sauce) and spices (garlic, dill, salt and pepper) are also included [25, 26].</p>	<p>Culinary stories say that zucchini or zucchini with dill and cream would be a traditional dish in Banat and Transylvania. However, specialized studies have shown that the recipe originates from Germany, a fact confirmed by the popular name under which it is known in Banat. Zuspeise, in German, is a term that defines vegetable garnishes. In Banat idiom, the preparation is called "țușpais" or "ciușpais" and is prepared even from peas, cauliflower, pumpkin pie or kohlrabi. The dish can be combined with meatballs, new french fries or grilled meat. It can also be eaten cold</p>

			with fresh bread [25,26].
Pljeskavica	Serbian	<p>Pljeskavica is a traditional Serbian culinary product, which is also called Serbian "hamburger". It is actually a grilled sandwich, which includes a meatball of minced meat (pork, beef or lamb in the original version). The original Pljeskavica is not a sandwich, although it can be served this way. The word "pljeskavica" refers to the meatball in the composition of the preparation, which can be served in a bun or on a plate. The preparation technique differs depending on where it is prepared.</p> <p>The raw materials used in the recipe of the product are: minced meat (pork, beef or lamb), chopped onion, garlic, hot pepper, spice (salt, pepper, nutmeg) [30].</p>	<p>Pljeskavica has become a widely consumed product over time in many countries of the former Yugoslav federation, especially in Bosnia-Herzegovina, Montenegro, Macedonia and Croatia, where it is found in any street fast food. In the Banat area, this product was also given a local name, "Pleșcavița banateană". In the country of origin, it was developed as a brand protected by law under the name "Leskovač slap". This product originates from Serbia and is prepared in many European countries, especially in one where there are large Serbian communities, such as Germany, Austria, Sweden [30].</p>
Gulyas	Hungarian	<p>Goulash is part of the same culinary family as paprika and stew. At the beginning, until 1790, the goulash was prepared from beef because, on the pastures where the creators of this food lived, cattle were mainly raised. Towards the end of the 1700s, sheep appeared in the area, so the goulash began to be cooked with their meat. Also, at the beginning, the potatoes were not used in the composition of the preparation, but it was eaten with bread. The appearance of the "paprika" spice, known in the past as the "peasant's spice", determined the change of the goulash preparation recipe. The raw materials used in the recipe of this preparation are: beef, potatoes, onions, bell peppers, hot peppers, tomatoes, paprika, salt, pepper, cumin and bay leaves [16].</p>	<p>Goulash is perhaps the most popular Hungarian dish. Due to its particularly pleasant sensory qualities, it has been widely adopted by international cuisine. In Romania it is known as goulash, in German it is translated goulash, and in English – goulash. "Gulya" means "herd of cattle" in Hungarian. Goulash is associated with the life of shepherds in the lowland region of Hungary, called the desert. Because the inhabitants of this area lived far from the inhabited ones, the shepherds had to prepare their own food and cook it in a metal cauldron. Goulash was considered the easiest preparation to make. The first information about the preparation of goulash dates from the end of the 18th century. Later, people who came in contact with shepherds, including landowners and even businessmen, introduced this dish into their culinary habits, fascinated by its particularly good taste [16].</p>
Bogracs	Hungarian	<p>Bogracs is a Hungarian dish. A characteristic that gives specificity to this preparation is that in its recipe a small one of different meats is used, most often beef with pork. These are placed in the kettle in the order of the cooking times. Very often, bogracs are made from game meat.</p> <p>One aspect related to the manufacturing recipe of this preparation is the use of a large amount of onion in the composition, in a 1:2 ratio to meat. The other ingredients used to prepare bogracs are: beef, pork, game, lard, broth, garlic, paprika, spices (salt, pepper, cumin, bay leaves) [12].</p>	<p>The term bogracs translates from the Hungarian cauldron, reason why anything type of stew of complex consistency and which is prepared in the cauldron, outdoors, will be called this way. The difference between bogracs and gulyas is given by the fact that it has a thicker consistency and the gaskets are prepared separately. Thus, do not put potatoes and meat together. Bogracs is also called pörkölt (Hungarian stew) prepared outdoors [12].</p>

Regarding the main dishes, they were taken in greater numbers from the ethnic groups who lived in the Banat area over time (Table 3). Thus, 6 peoples were identified in the studied literature data, whose eating habits left their mark on the cuisine of Banat, from which the people of Banat borrowed 10 dishes. The strongest influence had the Hungarians and the Germans from whom 3 types of basic preparations were taken.

Table 4

The original names of the preparations, the ethnic origin, the composition and the characteristic elements of desserts

Original name	Ethnic origin	Composition	Characteristic elements
Yufka	Turkish	"Iofca" is a pasta dish made with homemade sweet cheese, cream and butter. Pasta is a type of noodle shaped like a diamond or a smaller rectangle [26].	"Iofca" has its origins in Turkish gastronomy. "Iofca" has as preparation alternatives the combination of noodles with cabbage, salted cheese, walnut or poppy seeds. The specificity is given by the appearance of the pasta [26].
Vargabeles	Hungarian	"Vargabeles" is a Hungarian dessert composed of thin pasta, noodles and sweet cheese or cottage cheese [7,21]	"Vargabeles" is also known as the Hungarian strudel. In some anecdotes created by enthusiasts, it is mentioned that the dough must be so that the newspaper can be read through it. Another legend says that the perfectionist chef of the Austrian emperor decreed that it should be possible to read a love letter through the dough sheet [7,21].
Krapfen	German	"Crofna bănățeană" was borrowed from the ethnic Germans settled in this area of the country. It is actually a larger donut with a very airy core. Its main feature is the presence of a white "collar" that surrounds the product in the middle. The horns are ball-shaped with a large volume. They are flavored with lemon peel, but can also be prepared without flavors, because they have a particularly pleasant taste, which does not require further improvement. The ingredients used in the manufacturing recipe are: high quality wheat flour, egg yolk, milk, sugar, vanilla sugar, powdered sugar for decoration, butter, yeast, salt [14].	"Crofnele" are inherited by the most skilled German chefs settled in Banat. Over the years the recipe has been continuously improved and reinvented to obtain the perfect texture and taste. The "crofne" recipe is one of the best mastered, preserved and transmitted by the women of Banat for generations. They are also called "croafne or krapfen by the locals, turkishes or fluffy". "Crofnele" are served hot. They can be eaten simple, as such or associated with fruit jam [14].
Suvijacica	Serbian	"Saviecițe" are also known in Banat as Banat coils. They benefit from an old traditional recipe and are actually a kind of pan-fried pies. "Saviecițe" are similar to langos, but are drier and have a leafy structure inside. The recipe for making "Saviecițe" includes the following ingredients: wheat flour, butter or lard, milk, sugar, salt, dry yeast, oil for greasing and frying [29].	The etymology of the word "saviecița" (also pronounced "soviacița") is Serbian. In Serbian, "Suvijacica" means "dryness" and indeed, these pies are quite dry. Their structure is layered in thin sheets and crunchy when chewed. It's a high-calorie dessert. These "pan pies" are mainly eaten by Banat de pustă, on both sides of the Romanian-Serbian border. The recipe was taken from the kitchen in Vojvodina, where they are called Banatske Savijace. For this reason, this product is mainly consumed in mixed Serb-Romanian localities [29].

Szilvás gombóc	Hungarian	Plum dumpling is a dish from Hungarian cuisine. It is a culinary product composed of a dough of potatoes, flour and eggs, which wraps a plum from which the seeds are removed. The dumplings thus obtained are rolled after boiling in breadcrumbs fried in butter flavored with cinnamon and sweetened with sugar. Port plums can be replaced with apricots or peach halves [19].	Plum dumplings is one of the most appreciated desserts in Banat. It comes from traditional Hungarian cuisine, where it is called "Szilvás gombóc". The dish is a common cuisine in Central and Eastern European countries, which were included in the Austro-Hungarian monarchy. Hungarian culinary history mentions that this dessert was adopted from Austrian gastronomy, where it is called Knödel. In German, the preparation is called Zwetschgenknödel [19].
Ischler	Austro-Hungarian	Culinary history mentions that the Isler cake was created in Austria, in the famous spa resort of Bad Ischl. That's why it's called an isler. This is one of the most popular desserts during the winter holidays. Isler is actually a gingerbread with chocolate filling. The preparation methods are diverse. Some are prepared only with chocolate cream, and others with fruit jam, respectively various creams. History says that the isler was invented in Austria, more precisely in the famous spa resort of Bad Ischl (hence the name). The ingredients used to prepare the isher are: For the dough: 82% fat butter, crushed walnuts, powdered sugar, white flour, vanilla essence. For the filling: whipped cream, chocolate, rum essence. For decoration - chocolate, oil, walnut kernels [23].	Bad Ischl is located in the state of Salzburg. In this place was the mountain residence of the Austrian imperial family (Habsburg). Therefore, in the XVIII-XIX centuries it was also called "Kaiservilla". The town has a strong historical significance, as the declaration of war against Serbia was signed here by the Austro-Hungarian emperor on July 28, 1914. The event marked the start of the First World War. Isler, it was created in the Zauner confectionery in Bad Ischl, which still operates today, being founded in 1832. Isler was first processed in this confectionery in 1849. In the original version it was filled with chocolate cream flavored with rum . The current version of the isler is not very old. It is the creation of the confectioner Richard Kurth, who began to prepare it in the Zauner confectionery, in the 1950s. He dedicated the dessert to the memory of the Austrian imperial family [23].
Dobosh	Hungarian	"Doboş" is known both as a cake and as a birthday cake. It is one of the most popular sweets in Romania. It is the creation of a Hungarian confectioner. The original recipe for the isler includes the following ingredients: - countertop: eggs, powdered sugar, flour, melted butter. - cream: eggs, salt, powdered sugar, butter, cocoa, vanilla sugar, chocolate. - decoration: granulated sugar [24].	Doboş cake is sold in most confectioneries in Europe. In Banat it was adopted due to the Hungarian ethnic groups present in large numbers in this region. The original recipe was created by the Hungarian master confectioner Dobos C. Jozsef in 1884. It is a "Hungaricum", meaning a traditional Hungarian product, whose trademark is registered. The intention of the inventor of the cake was to make a cake with a long shelf life. In 1885 it was exhibited and presented at the National Exhibition in Budapest. Emperor Franz Joseph and Empress Elizabeth, Sissi and the Queen of Hungary, respectively, tasted the cake at the event. The cake was then publicized throughout Europe, by its creator, who presented it at numerous events. The inventor kept the recipe a secret for a long time, revealing it only when he retired in 1906 [24].

Baigli	Hungarian	<p>Baigli is a dessert of Hungarian origin, usually prepared in walnut or poppy varieties. It comes in the form of a roll of tender dough, which has yeast in the component, but in very small quantities. The filling is placed in large quantities, at the same thickness as the sheet.</p> <p>The ingredients of the preparation are: -dough: flour, butter, powdered sugar, compressed yeast, egg yolk, milk, granulated sugar, salt, vanilla sugar, lemon peel;- filling: poppy/walnut/coconut, sugar, raisins, milk, cinnamon, lemon or orange peel or ready-flavored chestnut puree [14].</p>	<p>The product of Hungarian origin is known by several names, such as: beigli, baigli, bejgli, rope or saviectuță. In addition to the classic filling, poppy or walnut, the variants with coconut and chestnut puree are also prepared. It is consumed, especially on Christmas Eve [14].</p>
Kremschnitte Kremes Krempita	Austro-Hungarian	<p>"Cremșnitul" is a cake originating from Austro-Hungarian cuisine, very well known in Central and Eastern Europe, but also in Banat. It consists of two sheets of puff pastry, between which a vanilla cream is mounted. Composition:</p> <p>- vanilla cream: milk, eggs, sugar, flour, food gelatin, vanilla essence, salt;- sheets: high quality flour, egg yolks, yoghurt, baking soda, salt, cold water;- for greasing the dough: lard [15]</p>	<p>Cremșnitul also has a French version known as "Millefeuille" or Napoleon Cake. In this variant, the cake contains 3-4 layers of puff pastry sheets alternated with vanilla cream and decorated with white fondant icing furrowed by chocolate lines. The cream cheese is a classic vanilla one mixed with foamed egg whites. It is known as Chiboust cream and is recorded as such in Larousse Gastronomique. It is a cool and very light cake [15].</p>
Strudel	German	<p>Strudel is a well-known dessert in Austria, Hungary and Serbia, being adopted in Banat. Strudel made from a long dough, which usually contains a sweet filling. "Strudel" is a German word meaning "vortex". The best known variety of strudel is Apfelstrudel, in German, apple strudel. Other varieties are Topfenstrudel (with sweet cheese filling), Millirahmstrudel (with sour cream), Weichselstrudel (cherry strudel) and Nussstrudel (with walnut filling). Assortments of salted strudel are also prepared, with a filling of spinach, cabbage, etc. Composition:</p> <p>- puff pastry: flour, salt, vinegar, fat: butter or lard</p> <p>- filling: apples, cinnamon, cardamom, nutmeg, brown sugar, raisins, powdered sugar [27].</p>	<p>The strudel was created in the 16th century. The oldest recipe (Millirahmstrudel) is mentioned in a manuscript cookbook from 1696. It can be found today in the Municipal Library of Vienna. From the first years of the 19th century, strudel was the favorite dessert during parties and celebrations organized on the territory of the double monarchy. In the menu of the luxury hotel Ritz in Paris, it was in the early 1800s under the name "Rétes Hongrois". This is because the flour used in the recipe was brought from Hungary, and the chefs were learning to prepare the cake for Pesta. The strudel can be filled with apples, cherries, cherries and other fruits, cheese, pumpkin, poppy seeds, nuts. Even though it is believed to have German origins, strudel is actually an Austrian dessert, typical of Vienna. It was the national dessert of Austria, was also adopted by neighboring countries, including Germany [27].</p>

Similar to the basic dishes and desserts, they benefited from a strong influence from the peoples who lived together with the people of Banat in this area of the country. Thus, from the accessed specialized literatur were identified 6 ethnic groups, which imposed their food style on the local Banat deserts. The strongest influence was exerted by the ethnic Hungarians, followed by the German and Serbian ethnic groups.

CONCLUSIONS

The inhabitants of Banat adopted in the traditional cuisine both simple, inexpensive dishes and sophisticated, pretentious dishes, which were mainly included in the menus of the Austro-Hungarian imperial families. The strongest influence had the Hungarian gastronomy, followed by the German one. Serbian and Slovak dishes have successfully established themselves in the eating habits of the people of Banat. The most common dishes borrowed from the kitchens of the cohabiting ethnic groups are in the category of desserts (3), followed by basic (2) and liquid (14) dishes. From the literature studies accessed and the information collected from the inhabitants of the Banat area, only a small part was identified and presented in the paper, the eating habits borrowed by the local population being much more numerous. much broader study on the topic of regional or even national culinary culture of Romania. Also, the information related in this study can be the basis of a cultural-culinary tourist activity in the Bantu area.

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