

ROMANIAN GASTRONOMIC HERITAGE: REDISCOVERING TRADITIONAL PRODUCTS

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ABSTRACT

Romania is a country that boasts a rich and diverse gastronomic culture, making it a must-visit destination for food lovers and culinary enthusiasts. From traditional dishes passed down through generations to modern interpretations of classic recipes [1], Romanian cuisine offers a unique and flavorful experience that is sure to tantalize the taste buds of even the most discerning travelers. One of the best ways to experience Romanian gastronomic culture is through culinary tourism, a growing trend that allows visitors to immerse themselves in the local food scene and learn about the history and traditions behind each dish [4,6]. From bustling food markets to cozy family-run restaurants, there are countless opportunities to sample the best that Romania has to offer [7]. Romanian gastronomic heritage is a rich tapestry of flavors and ingredients that have been passed down through generations. From hearty stews and soups to sweet pastries and tasty cheeses, Romanian cuisine is a reflection of the country's diverse culture and history [2,8]. However, like many countries, Romania has seen changes in its gastronomic products over time, influenced by factors such as globalization, urbanization, and changing consumer preferences. One of the most significant changes in Romanian traditional gastronomic products has been the introduction of new ingredients and flavors from other countries. For example, Italian pasta dishes and French pastries have become more common in Romanian cuisine, reflecting the influence of European culinary trends [3]. The main contribution of this study, despite these changes, is to prove that there is still a strong appreciation for traditional Romanian gastronomic products, and efforts are being made to preserve and promote them. Many regions of Romania have culinary festivals and events that celebrate traditional dishes and ingredients, and there is a growing interest in organic and locally-sourced food products.

Keywords: gastronomic culture, traditional dishes, culinary tourism

INTRODUCTION

The gastronomic heritage of Romania is a rich tapestry of flavours and traditions that have been passed down through generations. From hearty peasant dishes to elegant aristocratic cuisine [4], Romanian food reflects the country's diverse history and influences.