

World Cuisine



Embassy of Romania in Japan

Romania is a culinary paradise, which daily gains more and more recognition and acclaim for its rich flavors and gastronomical diversity. This beautiful country in Eastern Europe, home to majestic mountains and to the Danube Delta that embraces the Black Sea, has wonderfully blended authentic, local elements with influences from Balkan, Turkish, Greek, Slavic, and Central European cuisines, offering extraordinary tastes cherished by locals and visitors alike.

The Land of Flavorful Soups

Regardless of the season, Romanians have servings of soup each day, especially treating themselves to the healthy and delicious nettle soup **Ciorbă de Urzici** in spring, or Transylvanian pork soup **Ciorbă de Porc Transilvăneană** in the fall and winter. Herbs and spices such as dill, parsley, tarragon, lovage, and thyme are enriching the experience.

Hearty Main Dishes

Central to Romanian meals, embodying the rich, rustic flavors of the country, are stuffed cabbage rolls **Sarmale**, made from minced meat and rice, wrapped in pickled cabbage leaves and cooked in a savory tomato sauce, and **Mici**, grilled minced meat rolls flavored with garlic and spices, often served with mustard, fresh bread and beer. Romania also surprises its visitors with some rather uncommon dishes, such as pasta with bread crumbs **Paste cu Pesmet** and macaroni and cheese **Macaroane cu Brânză**. A sip of **Țuică** (homemade strong plum brandy) will certainly whet your appetite before the meal!

Tasty Snacks and Treats

Romanian snacks and treats offer many flavors, from savory to sweet. **Covrigi** are popular salted breads topped with poppy seeds, sesame seeds, or large grains of salt. For those with a sweet tooth, chocolate cake **Tort de Ciocolată** is a great choice, as it often contains rum—a signature ingredient in many Romanian cakes and desserts, especially those served on festive occasions. **Nuga** is another winning option: a chewy, nut-filled sweet made with honey, sugar, and egg whites.



Ciorbă (top) and Papanashi (bottom, cheese dessert)
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Apart from all these, Romania has great cheese and pork products any visitor absolutely has to try, such as **Feta Cheese**, a salty cheese often used in salads or pastries, and **Brânză de Vaci**, a sweet, creamy cheese commonly used in desserts like **Clătite** (crepes). Pork lovers will also enjoy Romanian **Salam de Sibiu** (a flavorful sausage), and **Cârnați**, traditional sausages often served grilled or in stews, offering a true taste of Romania's rustic culinary heritage.

