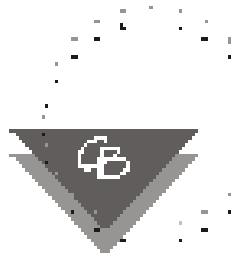


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A SUSTAINABLE TABLE FOR MULTICULTURALISM AND INCLUSION



'George Barițiu" College of Economics
Sibiu, Romania

ROMANIAN MUSHROOM CIULAMA

**By
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Ingredients:

A. 1 kg mushrooms

B. An onion

C. 2 cloves of garlic

D. 50g butter

E. 60g flour

F. 150ml milk

G. Oil

H. Salt

I. Pepper

J. Parsley



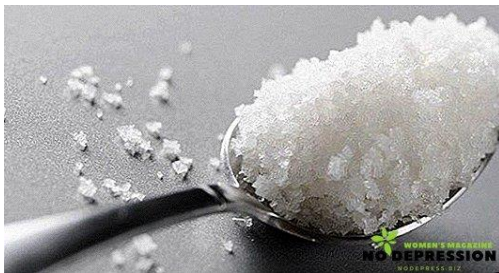
A)



B)



C)



H)



I)



J)



D)



E)



F)



G)



Method of preparation:

- Start by finely chopping the onion with a knife, then move to the mushrooms, which you cut into slices.

For the next step, put a little bit of oil in a saucepan, then add the onion and the mushrooms.



Stir occasionally to keep the mixture from burning. Continue by adding a little water, then let the mixture boil and cover the saucepan with a lid.



Pass the
garlic
through the
press, add it
to the
mixture and
stir.



Melt the butter in a pan, and when it has melted, add the flour and mix together.





Add the milk to this mixture and wait for the sauce to thicken, stirring occasionally.

Once the sauce is ready, add it over the boiled mushrooms, mix well so that it covers all the mushrooms then let them boil for a few more minutes.



Now all that is left to do is season with salt and pepper, sprinkle some fresh chopped parsley on it and our mushroom ciulama is ready!



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