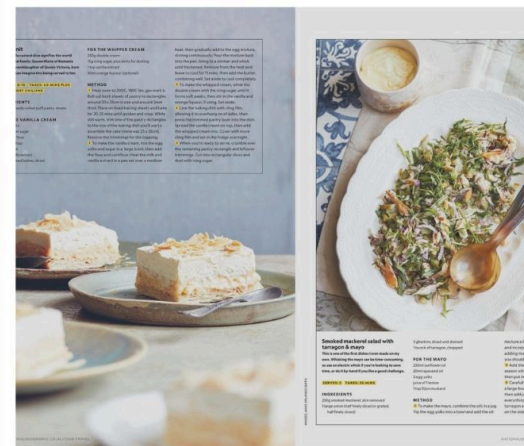
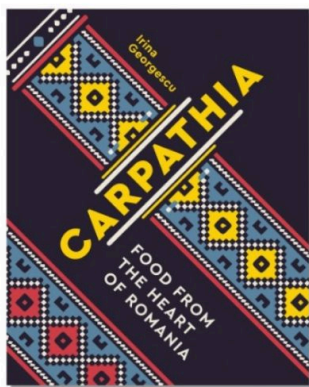


'Carpathia - food from the heart of Romania' by Irina Georgescu
Press coverage



Los Angeles Times



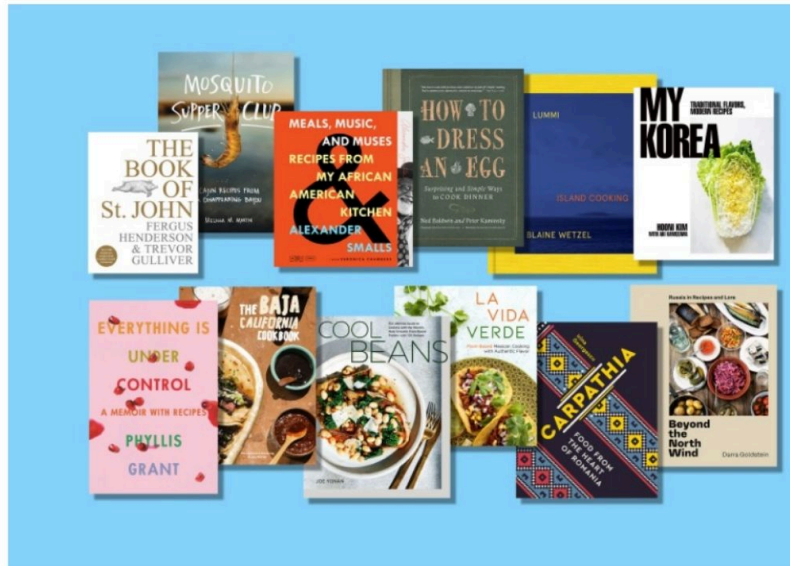
Carpathia: Food From the Heart of Romania

“Romania is a culinary melting pot,” begins Irina Georgescu. “Its character is rooted in many cultures — from Greek, Turkish and Slavic in the south and east, to Austrian, Hungarian and Saxon in the north and west.” Outlining the influences of the chef’s native cuisine gives the reader anchoring context, but Georgescu beautifully details how Romanian cooking has melded into something soulful and self-possessed. Hearty succor fills the pages: baked apples stuffed with ham and feta; pan-fried chicken with caramelized quince; grape leaves filled with sticky rice and raisins; a cake, called chec, marbled with fresh berry syrup. A warm wryness seeps into Georgescu’s writing. She translates bors, a ubiquitous wheat-based fermented liquid for flavoring broths, as “The Ingredient.” And she has this to say about scovergi: “When I was growing up, these cheesy, gooey flatbreads were something to munch on while chatting around the table, or watching television in the living room, even when television was only on for two hours a day and full of programs about the achievements of the Communist party.” A captivating immersion course.

Los Angeles Times

FOOD

12 cookbooks that refresh the spirit and inspire in the kitchen



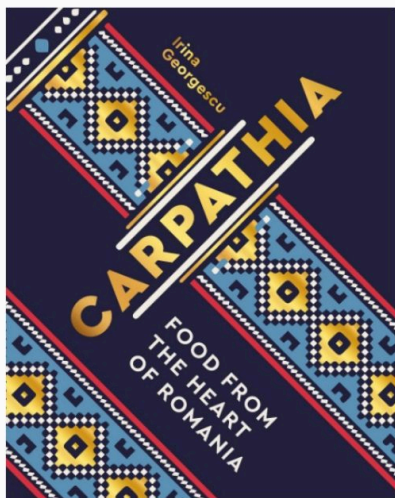
(Martina Ibanez-Baldor / For The Times)

By BILL ADDISON | RESTAURANT CRITIC

APRIL 30, 2020 | 6 AM

This is an excellent time to have some absorbing cookbooks on hand. Not only because many of us could use inspiration figuring out what to cook while we

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Carpathia: Food from the heart of Romania By Irina Georgescu FRANCES LINCOLN

Carpathia: Food From The Heart Of Romania

By Irina Georgescu

March 17, 2020

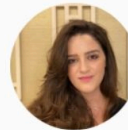
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That Will Take You On A Trip Off The Beaten Path

Nicole Trilivas Contributor ©

Travel



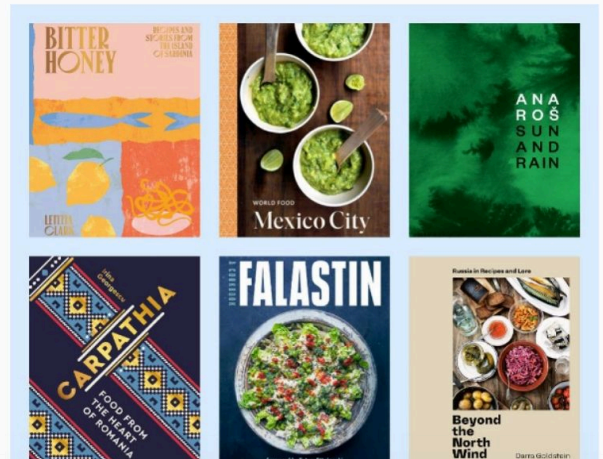
Author of *GIRLS WHO TRAVEL*. I write about luxury travel and high-end food and drink.

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feast

Memories
MADE
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REMADE

Mother's Day treats from
Romania, where moms are the
country's revered 'culinary bibles'

Laura Brehaut



Later upon layers of sponge cake and chocolate buttercream — even to be exact, *deleu* (not in a vibrant crust of relic of the Austro-Hungarian Empire. Growing up in Romania, a post-Communist nation of the rich desert was author Irina Georgescu's birthday cake of choice.

Her mother, Lucia — who worked in IT in the city — kept a cabinet of secret recipes in a old chocolate box. *Deleu* (not) was among them, scolded on the lack of a receipt from a shoe repair shop. It listed the method for the buttercream filling and, "Make the layers of the cake." No further explanation needed.

"She knew that they were standard — what we call *gineasa* today. It's the just said, *Laptesc* for the cake that was all. Many people did the same because during communism we were not allowed to cookery book or TV... and no ingredients. Just keep it, read it and imagine it," says Georgescu, laughing.

With limited sanctioned cooking ingredients, the result, "a black market for recipes" spring up to fill the void. Jotted on napkins or scraps of paper, these handwritten documents became culinary ephemera for future generations. "People, through word of mouth, managed to keep some traditional ones," Georgescu adds. "and

travels with its neighbors, it has unique expressions shaped by time and local customs.

In past years, Georgescu says, authors have forged a "new culinary map of Eastern Europe through food." Cookbooks focusing on other Eastern European regions — the Baltics (Lithuania), the Caucasus (Kazakhstan, Latvia, Russia, Ukraine), the Georgian Feast, Poland (*Polish*), *Russ* (Polish Jam, *Wild Honey & Ice*), *Russia* (The road to the North Wind, *Kasha, Salt & Time* and Ukraine (*Mama's*)) — have resulted in a deeper understanding and appreciation in the West. But still, it's Carpathia, the cuisine of Romania's heart that's charted in the same way.

"Romania is completely skipped. You come from Poland to Russia, and to Ukraine... But actually in the middle, it's us. We're here! I'm waving," says Georgescu with a laugh. There are thousands of recipes for the food of the region, she emphasizes, adding that it's impossible to identify any dish as belonging to just one country. In Romania, you'll find *deleu* with such in Austria, Germany, Greece, Hungary, Slavic countries such as Poland, Serbia and Ukraine, and Italy.

"This one's not only the Ukrainians eat filled dumplings (for example), because we do the same and Polish people do the same. The herbs

ALIVENCI (MOLDOVAN) POLENTA CAKES WITH CHEESE AND DILL

- 2 1/4 cups (500 mL) whole milk
- 1/4 cup (50 g) butter
- 1 1/4 cup (300 g) cream polenta
- 1/4 cup (50 g) eggs
- 1 1/4 cups (300 g) fresh ricotta
- 1 1/4 cups (300 g) plain yogurt
- 1 1/4 cup (40 g) all-purpose flour
- 1 bunch of dill, finely chopped, plus extra to serve
- 1 tsp (5 mL) baking powder
- 1 Sour cream, to serve

Carefully fold the egg whites into the polenta mixture. Pour into the pan and bake for 40 minutes, or until a skewer comes out clean. Do not remove the polenta from the oven — let it cool and don't open the door for 20 minutes.

4. Turn the polenta out onto a chopping board, slice and serve warm with sour cream and more dill, or an appetizer or lunch.

SERVE 8

PAPANAJI (RICOTTA DOUGH-NITS SERVED WITH SOUR CHERRY JAM AND CREME FRAICHE)

For the doughnuts:

- 1 1/4 cups (300 g) fresh ricotta
- 1 Small 1/2 cup (100 g) plain yogurt
- 1 Egg

— they will go on! larger ones. 1. Heat the oil in a (or a few) until it's hot. Then reduce to medium. If you a thermometer, the pan should be 180°C. Working by both the rings for 2-3 minutes. If get quite dark, but what you are looking for is to be golden brown.

4. To serve, place doughnuts on a plate cover each with a dollop of cream then top with a spoon. Add a small ball on top of each dust with icing sugar and enjoy!

MAY 15-17

THE MOSCOW TIMES:

A FULL REVIEW OF THE BOOK



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'Carpathia: Food From the Heart of Romania'

Irina Georgescu introduces the best cuisine you've never tried.



By Jennifer Eremeeva
8 hours ago



QUICK BREAK INSPIRATION: YOUR ESSENTIAL GUIDES TO ISTANBUL, MOROCCO AND ROMANIA

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of lamb and

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or use 3 chicken
breasts 2, sliced
peas 1, sliced
potatoes 1, sliced
celery 2-3 sticks
sliced 1, sliced
red pepper 1, sliced
chopped 1, sliced
chestnut mushrooms
chicken stock
low salt salt 1
black pepper
butter 20g
Butter 20g
chicken stock



DOBOS TORTE
The magnificent Hungarian layered cake, made with luxurious chocolate ganache and caramel, is a popular treat in Romanian palaces.



INSCA
This cheese cake, prepared in a 100, is a traditional Easter bread, made only at Easter.



BORG
Made from fermented wheat, cornmeal and herbs, this tangy ingredient is added to meat or vegetable broth for its sweet and sour flavor.



AUBERGINE DIP
Delicious blend with red onion and bread seeds, this is always served with a side dish of炒制辣椒 (chopped chili) and garlic vinaigrette.

Heat the oven to 180C (350F) and cook the chicken pieces for 15 minutes. To cook the onion, add the onion to a pan with the oil, cooking for 10 minutes. Add the sliced chicken and pepper, and cook for 10 minutes. To cook the potatoes, add the potatoes to a pan with the oil, cooking for 10 minutes. To cook the peas, add the peas to a pan with the oil, cooking for 10 minutes. To cook the carrots, add the carrots to a pan with the oil, cooking for 10 minutes. To cook the celery, add the celery to a pan with the oil, cooking for 10 minutes. To cook the chestnut mushrooms, add the chestnut mushrooms to a pan with the oil, cooking for 10 minutes. To cook the chicken stock, add the chicken stock to a pan with the oil, cooking for 10 minutes. To cook the low salt salt, add the low salt salt to a pan with the oil, cooking for 10 minutes. To cook the black pepper, add the black pepper to a pan with the oil, cooking for 10 minutes. To cook the butter, add the butter to a pan with the oil, cooking for 10 minutes. To cook the chicken stock, add the chicken stock to a pan with the oil, cooking for 10 minutes.



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IN A MIDWEEK PASTA RUT? LET US INSPIRE YOU!

So much more than recipes...

★ Why carbs rule
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Fashion Trends that Rocked 2020

Blueberry & lemon layer cake by Bake Off star Alice Fevronia

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Stuffed leg of Welsh lamb with onion & leek sauce

Tara Wigley and Sami Tamimi are co-writers of some of Ottolenghi's bestsellers, and this love-letter to Palestine and its food showcases people too, including the founder of the Palestinian Seed Library for heritage veg. Ebury £28

BOTANICAL KITCHEN
 Elly McCausland explores the flavour-enhancing potential of botanicals, from fruit to flowers, leaves and seeds, with enchanting histories and inspired combinations. Bloomsbury £26

The debut book from Bucharest born-and-raised Irina Georgescu celebrates Romanian food in all its meaty, smoky, sharp glory, enriched with fascinating folklore and atmospheric landscape photos. Quarto £22



the security of your own kitchen

CARPATHIA
 Irina Georgescu
 "Romania is a culinary melting pot," writes Irina. "Its character is rooted in many cultures, from Greek, Turkish and Slavic in the south and east to Austrian, Hungarian and Saxon to the north and west." These influences are evident in Irina's recipes. Dishes such as potato moussaka and vine leaves stuffed with rice and sultanas reveal a Greek origin, the fricassee-style peppers – piperchi – share much with Italian peperonata, and caraway and sauerkraut broth with potatoes is pure Saxon. It's a revealing tour of a little-known cuisine.

JAPAN: THE WORLD VEGETARIAN
 Reiko Hashimoto
 Vegetarian ingredients such as miso, seaweed and tofu are cornerstones of Japanese cuisine. As Reiko writes: "Tofu is revered, displayed and enjoyed here in a similar way to cheese in France, with endless varieties available – fresh, aged, firm, soft, creamy, crumbly, fermented, smoked." Recipes include tofu steaks with miso spinach and mushrooms, and a tofu katsu curry. Bean curd aside, there is plenty of sushi and tempura, as well as classics such as okonomiyaki with kimchi and miso ramen.

INDIA: THE WORLD VEGETARIAN
 Roopa Gulati
 Meat-free eating is nothing new in India. Part of a new series celebrating national vegetarian cuisines.

JAMES MARTIN'S ISLANDS TO HIGHLANDS
 James Martin
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Irina Georgescu | 19 March 2020

Romanian food beginner's guide: 7 dishes you absolutely must try

Food writer Irina Georgescu unlocks a few secrets of Romania's diverse cuisine, and shares the best dishes Romania has to offer...





Financial Times about Easter traditions and Romania

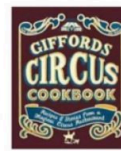
I had a long conversation with author Dan Wilentz about Romanian Easter

6 of the best new COOKBOOKS



There are dozens of cookbooks to turn to for inspiration this spring. Here's a selection of Food Director Elisa Roche's favourites

SHOWSTOPPERS! All up for delicious dishes with a sense of humour. Squid Ink and Lobster Lasagna sits alongside a pud inspired by pie-throwing clovers!
Giffords Circus Cookbook: Recipes & Stories from a magical Circus Restaurant by Neil Gifford & Ois Heles (£27, Quadrille).



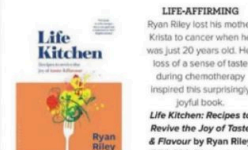
BALKAN BITES Romanian food stylist Irina Georgescu does a beautiful job of taking us to the heart of the Balkans, exploring food, traditions and breathtaking landscapes side by side.
Carpathia: Food from the Heart of Romania (£22, H&L, Frances Lincoln).



HOME HAUTE CUISINE The New York Times' food columnist Melissa Clark's book is a love letter to childhood holidays in France. Every recipe is a temptation. Strawberry champagne soup, anyone?
Dinner in French: My Recipes by Way of France by Melissa Clark (£25, Clarkson Potter).



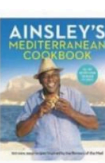
LIFE-AFFIRMING Ryan Riley lost his mother Krista to cancer when he was just 20 years old. Her loss of a sense of taste during chemotherapy inspired this surprisingly joyful book.
Life Kitchen: Recipes to Revive the Joy of Taste & Flavour by Ryan Riley (RRP £20, Bloomsbury).

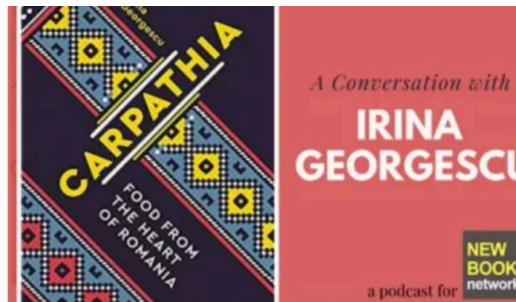


WINE NOT? Find it hard to pair wine with food? This very approachable new guide will take the stress out of choosing and the snobbery out wine talk.
Rich Wine Where: What to Drink with the Food You Love by Bert Blaize and Claire Strickett, (£9.99, Ebury Press).

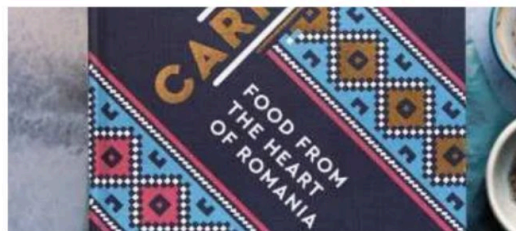


MEDITERRANEAN DREAM In this cheery book to accompany his latest ITV show, chef Ainsley Harriott offers heart-healthy, sun-drenched dishes from Spain, Corsica, Sardinia, Jordan and Morocco.
Ainsley's Mediterranean Cookbook (Ebury), £20.





New Books Network Podcast



'Carpathia' reviewed in Ohio's newspaper, The Blade

The Blade is the premier source of



SBS Food Australia about 'Plăcinte' and 'Carpathia'

Nigella Lawson about 'Carpathia- food from the heart of Romania'

I could not have wished for a more beautiful review of my book 'Carpathia - food from the heart of Romania' .

To read the articles, please check

<https://www.irinageorgescu.com/category/news/>

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Sanissimo Salmas Authentic Mexican Recipe Corn Crackers
£1.99, 100g
THIS soft Mexican snack is made in gluten free, made from 100% natural ingredients, low fat and low sodium. It comes in chila and flavoured.

Farmer's Chai
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SUPPORT these farmers of Yorkshire, locally it is on the rise. Farmer's Chai can be used as the perfect pre-bed drink to get good sleep, or as your morning latte to start the day off with a calming moment. Known for its health benefits, it is made with strong antioxidant properties, essential for cell function, with studies showing that detox rich in polyphenols may help lower risk of infections and disease.

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QUICK BITES
BLISSFUL BUNGER
All 21 has watched its best burger get The Specialty Selected Ultimate Burger £2.28. The fact, it's made using prime cuts of British beef blended with some cheese for a heavenly flavour. For best results, grill on the barbecue or fry on the stove until sizzling and juicy.

STAY TIGHT
GET your work by craft beer done. To Hollywood, Denmark's acclaimed To Ø brand is now available in the UK. The brewers say it is best enjoyed on warm summer days, or on the red carpet.

WELL UP
TWO Rays is a new range of 12 hot meals. Available in four flavours - green tea, blueberry, orange and lemon.