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STUDY ON TRADITIONAL GASTRONOMY FROM THE MARGINIMEA SIBIU AREA

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Abstract: The Marginimea Sibiu is an area with a special ethnological, cultural, architectural and historical heritage, where the inhabitants still respect traditions and customs, taking pride in the cultural richness of the place and of the people. From a gastronomic point of view, the area offers a wide range of traditional dishes, which are unique both in terms of preparation methods and the fact that most of the raw materials come from local households.

The traditional gastronomy of Marginimea Sibiu reflects influences of the Saxon culture and local Romanian traditions. Traditional dishes contribute to the diversity and authenticity of the cuisine of the Marginimea Sibiu, reflecting the traditions and cultural influences that have defined this region.

• Introduction

Marginimea Sibiu is a region located in the southwest of Sibiu county in Transylvania, which has a unique ethnic, cultural, architectural and historical heritage.

Marginimea Sibiu is a unique ethnographic area in Romania located west of Sibiu, limited to the south by the Sadului valley and to the north by the Saliste river valley, which includes 18 localities.

• Material and method

Marginimea Sibiu is a region located in Transylvania known for the beauty of its landscapes, but also for its rich traditions and customs. Many elements specific to Saxon culture are preserved here.

In Marginimea Sibiu, the villagers engage in both weaving and sewing, as well as raising animals. The most famous occupation in this area is sheep farming, with all its derivatives: starting with the preparation of cheese and traditional sheep meat dishes, up to the processing of sheep skins and wool.

• Results and discussions

The traditional gastronomy of Marginimea Sibiu reflects influences of Saxon culture and local Romanian traditions. Traditional dishes contribute to the diversity and authenticity of the cuisine of Marginimea Sibiu, reflecting the traditions and cultural influences that have defined this region.

Shepherd's cuisine is the calling card of Sibiu County, and the traditional dish from the Marginimea Sibiu is a white soup where young mutton is flavoured with a spoonful of "chisatura" (a minced bacon paste with parsley and red onion) and given the freshness of a healthy vegetable salad. **Cabbage soup with kale** is a dish of young mutton and cabbage, seasoned with tomatoes, thyme and egg yolks and soured with vinegar. The special feature of this dish is that it is served with warm polenta.

Sheep Sloi is a dish based on boiled stewed boiled mutton in sheep tallow. At the end, finely chopped onion, bay leaves and pepper are added. It can be served as it is, cold or warm melted in a pan, accompanied by polenta.

The **Shepherd's Balmos** is a dish specific to the region obtained from corn flour boiled in sheep's milk to which butter and sheep's milk are added at the end. It is served warm.

The **Shepherd's Bulz** is the daily food of the sheep in Marginimea Sibiu. The main ingredients are polenta and bellow cheese. Put the cheese in the middle of a piece of polenta, seal it well on the edges and then bake it on the stove

Morândău is a dessert whose main ingredients are corn flour and milk. It is a sponge cake obtained from corn flour and milk to which cream, butter and sugar are added.

Leves. The villagers of Marginimea Sibiului prepare, on the eve of Epiphany, a dish based on bread soaked in cabbage, on top of which is placed onions tempered with paprika.

Peasant pie with potatoes, onions and cheese. It is a pastry product obtained from a leavened dough filled with boiled potatoes mixed with fried onions.

• Conclusions

Marginimea Sibiul is a unique ethnographic area in Romania. Most of the villages in the area have preserved strong spiritual and ethno-folkloric traditions.

The traditional dishes reflect the distinct culinary identity of Marginima Sibiu, with influences from Saxon and Romanian traditions, and contribute to the rich and authentic atmosphere of this region.