UNIVERSITY OF LIFE SCIENCES "KING MIHAI I" FROM TIMISOARA
"YOUNG PEOPLE AND MULTIDISCIPLINARY RESEARCH IN APPLIED LIFE SCIENCES"

05-06 November 2026



# TRADITIONAL CUISINE OF MOLDOVA AND BUCOVINA IN THE CONTEXT OF ROMANIAN GASTRONOMIC HERITAGE

Liliana Cristiana MIRIANICI[1], Anca Lilieta RUS[1], Denis Paul BACTER[2], Anca Mihaela DICU[3], Luminita PIRVULESCU [1]*

[1] *University of Life Sciences "King Mihai I" from Timisoara, Faculty of Management and Rural Tourism, 119, Calea Aradului, Timisoara,*
[2] *University of Oradea, Faculty of Environmental Protection, Oradea*
[3] *"Aurel Vlaicu" University from Arad, Faculty of Food Engineering, Turism and Environmental Protection, Arad*

***Corresponding author's e-mail:** luminita_pirvulescu@usvt.ro

**Abstract**: *The cuisine of Moldova and Bucovina is an important component of Romania's gastronomic heritage, shaped by the region's historical development and unique cultural influences.*
*The traditional cuisines of Moldova and Bucovina share many common elements, determined by their geographical proximity, rural traditions, and the use of local resources. In both regions, the cuisine is based on ingredients such as cornmeal, potatoes, cabbage, beans, pork meat, dairy products, eggs, and mushrooms, which are prepared using culinary techniques passed down from generation to generation. Dishes such as "sarmale" (stuffed cabbage rolls), "tochitura" (traditional Romanian pork stew), "borș" (traditional sour soup), "plăcinte" (traditional pie), "alivanca" (Moldavian cornmeal cake), and "cozonac" (traditional Romanian sweet bread) reflect the gastronomic specificity and cultural identity of these regions.*
*The study aims to present the traditional cuisine of Moldova and Bukovina, highlighting representative dishes, regional characteristics, and their role in promoting Romania's gastronomic heritage.*

## • Introduction

The traditional cuisine of a region or country is an important component of cultural heritage, as it highlights the close connection between local communities, their natural environment, historical experiences, and the cultural interactions that have developed over time. Traditional dishes, the ingredients used to prepare them, and the methods of food processing and preservation reflect the identity of each region. These culinary practices are passed down from one generation to the next, while also adapting to changes in social and economic conditions. From this perspective, gastronomy can be understood both as a result of historical evolution and as a valuable means of preserving cultural traditions and supporting gastronomic and cultural tourism .

## • Material and method

To conduct this study, the authors analyzed scientific articles, historical monographs, ethnographic works, and documentary sources related to the gastronomic heritage of Moldova and Bucovina. The research was conducted using established scientific methods, including documentation, analysis, and synthesis of information, comparison of regional culinary traditions, and the formulation of conclusions based on the results obtained.

## • Results and discussions

The culinary traditions of Moldova and Bucovina have developed under the influence of history, agricultural resources, and the cultural customs specific to these regions.

**"Tochitura moldovenească" (Moldovan Pork Stew)** is a traditional Romanian dish—hearty and flavorful—that is particularly characteristic of Moldovan cuisine. It is made with pork, pork belly, and smoked sausages, slowly browned in lard and oil, and the flavor is enhanced with garlic, thyme, bay leaves, sweet paprika, and pepper. The dish is traditionally served with hot polenta, topped with grated salted cheese and a fried egg.

**"Pârjoale moldovenești" (Moldavian pork patties)** are a traditional dish specific to Moldovan cuisine, made primarily from ground meat, to which onion, grated potatoes, bread soaked in milk, and eggs are added. Shaped into patties, coated in breadcrumbs, and fried over moderate heat, they are served hot, accompanied by mashed potatoes, sautéed peas, or various vegetable side dishes.

**"Tocăniță de hribi" (Porcini mushroom stew)**.This traditional dish is made with wild mushrooms, especially porcini, cooked together with onions, garlic, and various spices. To achieve a creamy sauce, sour cream can be added, and the stew is often served with polenta.

**"Tocinei moldovenesti" (Moldavian potato pancakes)** is a traditional dish made from grated potatoes mixed with eggs, flour, and spices. The mixture is divided into portions and shaped into flat cakes, which are then fried in oil or lard until they develop a golden crust. In the traditional version, tocinei can be served with sour cream and sugar.



**Figure 1 Moldovian Pork Stew**
*Source: https://www.petitchef.ro/retete/felul-principal/tochitura-moldoveneasca-fid-1194335*



**Figure 2 Moldavian pork patties**
*Source: https://www.caietulcuretete.com/2025/02/parjoale-moldovenesti.html*



**Figure 3 Moldavian potato pancakes**
*Source: https://m.monitorulsv.ro/Reteta-zilei/2016-04-05/Tocinei-cu-ceapa*

**"Sarmale moldovenești" (Moldavian Stuffed Cabbage Rolls).** "Sarmale" are a traditional dish specific to the cuisine of Moldova and Bukovina, characterized by their smaller size and compact shape. The filling consists of ground meat mixed with rice, onions, and seasonings such as salt, pepper, thyme, and, in some versions, dill. The mixture is wrapped in pickled cabbage leaves, and in certain regions, grape leaves are also used. They are served hot, usually with polenta and sour cream, and in some cases accompanied by hot peppers.

**"Ciorbă rădăuțeană" ("Rădăuți" Soup).** Originating in the city of Radauti, located in Bucovina, this traditional soup is made with chicken broth and root vegetables. Its distinctive consistency is achieved by adding a mixture of sour cream, egg yolks, garlic, and vinegar. The dish has a creamy consistency, a yellowish-white color with carrot pieces, and a flavor dominated by sour cream, garlic, and the acidic note of vinegar.

**"Alivanca" (Cornmeal and Fresh Cheese Bake)** is a traditional baked dish made from cornmeal, fresh cheese, eggs, and sour cream. Depending on the recipe and local customs, it can be served as a savory dish or as a rustic dessert.

## • Conclusions

This study highlights the role of Moldovian and Bucovinian cuisine as an important part of Romania's cultural heritage, reflecting local traditions, rural life, and the use of ingredients specific to these regions.

Traditional dishes, such as "sarmale", "tochitura", "pârjoale", and "alivanca", illustrate the richness of local cuisine and the preservation of culinary practices passed down from one generation to the next.