



Traditional Recipes

FROM THE LAND OF GAL LIDER BISTRITA-NĂȘĂUD
- THE EXPERIENCE OF THE 4 SEASONS -



Gastronomic Tourism in the Rural Areas

– The Experience of the Four Seasons –

The partners of this transnational project are:



FINLAND

LAG Ravakka (lead partner)
LAG Kalakukko



ROMANIA

LAG Lider Bistrița-Năsăud
LAG Napoca Porolissum
LAG Lider Cluj

General Objective

Promoting gastronomic heritage and stimulating gastronomic tourism in both local and international context.

Specific Objective 1

Identifying traditional recipes and gastronomical techniques.

Specific Objective 2

Know-how transfer regarding gastronomic events planning and means of stimulating gastronomic tourism.

Specific Objective 3

Promoting the activities that took place and disseminating the results obtained through it.

This transnational project brings gastronomic tourism opportunities close to the locals and promotes culinary traditions across borders. The project allows partners to exchange best practices and address topics such as event planning as a tool to promote gastronomic tourism.

The objectives of the project are to promote cultural cooperation, share good practices and establish new international contacts for future cooperation. Partners offer added value through:

- 1)** sharing their know-how on gastronomic tourism and event planning
- 2)** sharing traditional recipes and traditional techniques

Each partner is responsible for hosting at least one study tour on gastronomic tourism or event planning, illustrating examples of good practice. Each of the partner LAGs will participate in these events, with relevant delegations.

For promotional purposes, there will be a Facebook page The Experience of the Four Seasons - Gastronomic Tourism in Rural Areas, where partners can present their study visits and good practices. The Facebook page is also a platform for promoting events for the public.

There will be a web page that will include a good practice manual in which all partners will add an evaluation of the organized events and a list of good practices in organizing gastronomic events.

There will also be a video to promote gastronomic tourism in rural areas as well as printed materials (gastronomic book) that will contain results of the project from the territory of each LAG partner.



The recipe for the **small and tender croissants** ① with lard, filled with plum jam is one of the oldest dessert recipes in the Someș Valley, but especially in the village of **Ilva Mică**. The village housewives told of the famous lard croissants that were in the place of honor in their families, an easy recipe to prepare, which does not require complex ingredients, but special ones. Nowadays, as in the past, on holidays, housewives prepare platters full of such traditional dishes, with cakes, panettone, saltines, including the famous croissants with lard twisted from tender dough and filled with the best plum stew from the full pantry filled with goodies.

One who has not got grandparents, to buy cheese! Why? Because **saltines** ② wouldn't exist in such a tasty way if they weren't prepared with that pungent cheese from the wooden vessel, kept in a hole in the ground and taken out every time for the use of cooking such goodies. Nowadays, the wooden vessel is replaced with the fridge and no one is bothering to dig a hole in the ground, although this technique seems to have helped for a longer time of use and a fresh taste, but also a huge contribution to the satisfaction of the taste buds.

In the Someș Valley, but especially in the village of **Ilva Mică**, saltines have been cooked ever since the grandparents were children, and the recipe is the same, unique, simple and traditional. They were usually served at weddings and other events in the form of appetizers, being very consistent due to the large load of pungent cheese kept in the wooden vessel. Currently, the saltines continue to be made by the housewives of the village, served aside with peanuts or seeds, or between meals, even if it is not a specific event, the saltines are not missing from the table.

The rolled cake ③, the one made in **Leșu** village, which is also called the water cake, because its top is flooded with syrup. A delicious and fluffy sponge cake, a long-lost childhood dessert. This cake is considered by the people of Lesu village to be a true culinary "icon", creating a classic and original recipe used by all the cooks and housewives of the village, at various events that take place, on holidays or on days when the family is well deserved with a real treat after the fieldwork or the work around the households.

The cake with sour milk ④ In the past, people did not have as many ingredients as they have today, and cakes had to be created from what ingredients they had from the ground. Thus, people from Poiana Ilvei, invented a cake as tasty as nourishing, remaining printed as one of the most traditional cakes in **Poiana Ilvei** village, where it still enjoys its popularity. The sour milk or as it is called today yogurt is considered to be one of the healthiest foods, produced at home, from well-fed animals at the sheepfolds or simply by people, at home. It is not a pretentious recipe, but only when it is prepared from healthy ingredients and at the hands of the housewives. It used to be made as a snack when going to work in the fields, but also for meals in large families.

The pork roll ⑤ is part of a valuable collection of traditional recipes, which are prepared around Christmas holidays, a recipe taken from grandparents to parents. Involuntarily, the inhabitants of **Măgura Ilvei** gave the pork personality, creating different recipes worth to be followed by every housewife. The pork roll has been on the festive tables for several years in Măgura Ilvei village and it is expected that the future will be just as full of culinary tradition and a better promotion of local cuisine.



Crepes ⑥ are the sweet wonders that marked the childhood of every person born and raised in **Ilva Mare** village. In the old days, when any woman had to know how to make crepes and pies in order to be truly called a housewife, these dishes were considered delicacies and were prepared especially for holidays or on various important occasions. This crepes recipe is still in high demand for its unique taste. Those who arrive in the Someșului Mare Valley must try them and will surely fall for them, especially since they are made with local mineral water, a mineral resource that the Someșului Mare Valley has been blessed with for many years. They contain few ingredients, and the taste and flavor are worth the effort and time invested.

A dish specific to the Easter holidays, the **lamb tripe** ⑦ is not missing from the table of the Feast of the Resurrection of the Lord at the **Lunca Ilvei** village but especially on the entire Valley of Someșul Mare. The lamb must not exceed 10-11 kg in order to be good to eat. It is cut on Saturdays by men and then the housewives take care of the rest. Lamb stew is a Transylvanian specialty, which is made from lamb entrails, head and meat around the ribs.

Through word of mouth, from the community caterers from **Șanț** there was much talk about **mushroom stew** ⑧, which is a stew thickened with homemade sour cream, and if the mushrooms are from the forest then the taste will really be special. There are still elders who go with their nephews to collect mushrooms in a basket of twigs to avoid crushing. Carefully cut, without breaking the root in order to grow again next year. The women from the family waited at home for them to prepare the mushroom stew, in a traditional and very tasty manner, a taste of childhood.



A traditional recipe that many long for even today is that of **papanashi** ⑨, a fried donut with pot cheese, sour cream and jam to everyone's appetite. It is one of the favorite desserts of the people of **Rodna**, but especially of all the people from Someș Valley, because it is prepared quickly, their presentation being unique: a ball overlaid with a ring of dough, a dessert most often ordered in restaurants in the Someș Valley.

For people who grew up in the 1980s and 1990s, it was an important tradition to prepare **rotten corn** ⑩, considered to be a delicacy. It is an easy to do cake, for which you only need to mix the ingredients and put the composition in the oven. In **Maieru**, the women make this cake on Saturday morning, in the bread oven, when they bake the bread for the whole week. They learned these recipes not from cookbooks, but from their mothers and grandmothers. They watched closely and learned to do the same, and so they developed a sense for the right quantities without knowing them exactly. This recipe uses the same way to measure the ingredients.

The city of **Sângeorz-Băi** has invested in the mineral water resource (borcut) both for the treatment and prevention of certain digestive diseases, but also in the preparation of some of the tastiest dishes, which give a perfect and unique taste. The most common dishes that have borcut (mineral water) in their composition are crepes and **pies** ⑪, mai ales cele umplute cu brânză de vaci sau de oaie, o minunăție.

In the Someșului Mare Valley, but especially in the **Șanț** village, the **sweet semolina dumplings soup** ⑫ is considered the "Sunday soup". The dumplings are perfect for chicken soup, and the most important thing from their cooking is that at the end they are not too hard. It is a healthy soup, extremely tasty, nutritious, and good for cold days outside. With the taste of "real" meat, with many and varied vegetables, with fluffy semolina dumplings, the housewives never go wrong with it.





Ilva Mică

ingredients

500g pork lard

350ml cow milk

yeast

white flour, as needed

plum jam

① *Small and tender croissants*

with lard, filled with plum jam

Whisk the **lard** well until it becomes white, with a foamy texture.

Add the **milk** and the melted **yeast** in the middle. Add as much **flour** as for the right texture of the dough. All this is mixed with the **lard**.

Knead well until the dough does not remain sticky on the hands, it has to have a good texture.

Portion and place on the table as much as one can fit in a fist.

The dough layer is evenly shaped so that it is suitable, neither too thick nor too thin so that it does not break, giving it a circular shape.

Each circular shape in the composition is cut into strips in the shape of a triangle.

Place half a tablespoon of **plum jam** on the wider side of the dough.

The croissants are rolled in a spiral, placed in a pan and then in the oven.

Leave in the oven until lightly browned / reddened on the outside.

After cooling, sprinkle it with **powdered sugar**.

② *Saltines*

For **1 kg of flour** add **2 whole eggs**. Add the **lard** and then the **melted yeast** in the **200ml** of **milk**.

Sprinkle only a little **salt**, as the **cheese** is to be added, which is already pungent and very salty.

Add the **cream** and knead vigorously.

Leave to rise, then spread it on the table like a sheet of noodles, but as the thickness of a finger.

Grease the dough with beaten **egg**, then cut the resulting piece of dough into long strips, like chopsticks and sprinkle on top of it with **caraway**.

You bake them in a tray with baking paper and keep in the oven until they get browned.

When they have taken on a reddish color, they can be taken out of the oven and left to cool, then they can be served as appetizers.



Ilva Mică

ingredients

pungent cheese from the wooden vessel

1kg flour

2 eggs

300g lard

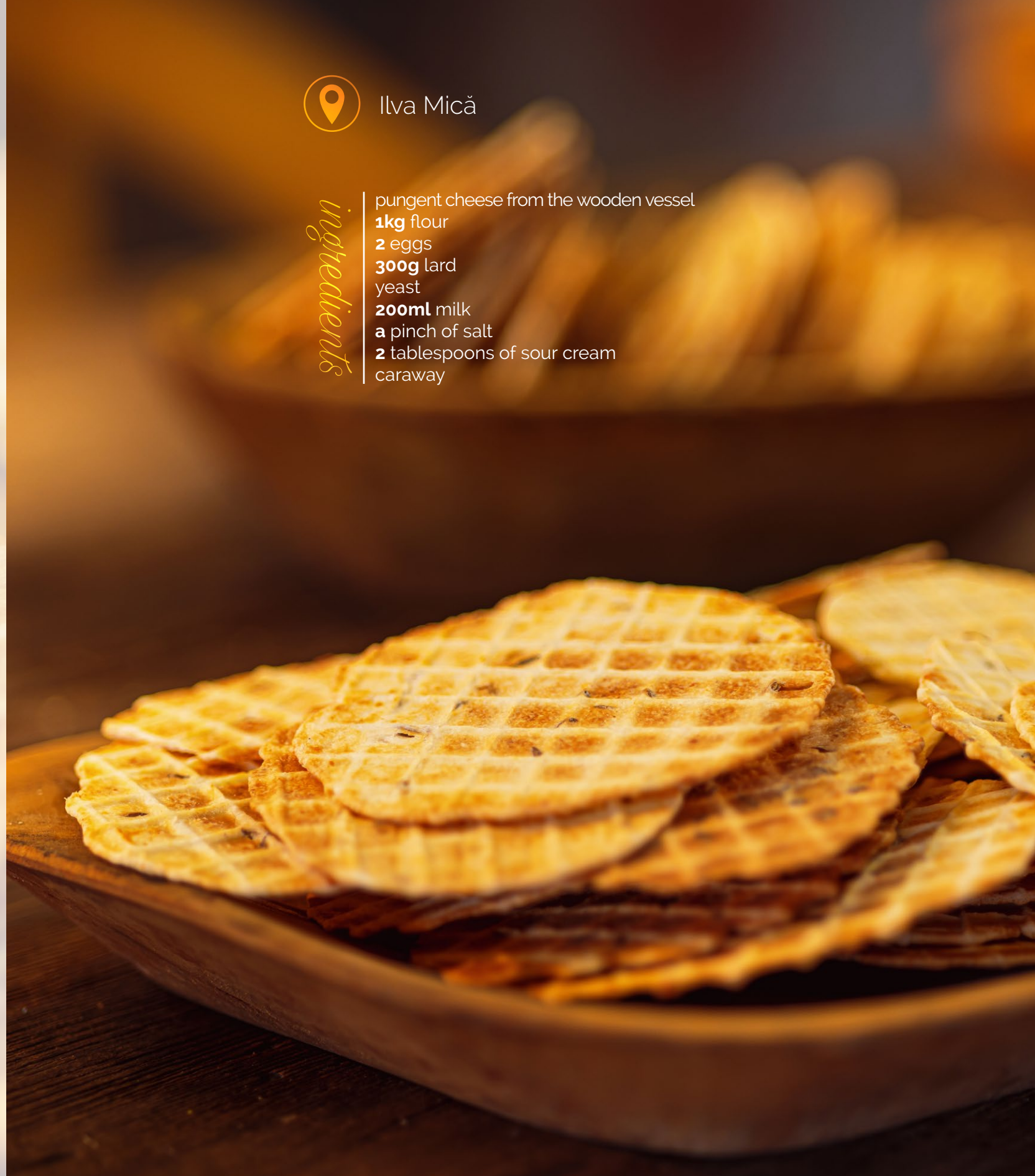
yeast

200ml milk

a pinch of salt

2 tablespoons of sour cream

caraway





Leşu

ingredients

Sponge

5 eggs
250g white flour
200g sugar
10 spoons of sunflower oil
10 spoons of mineral water
1 baking powder
1 salt powder

Glaze

200g margarine or butter
200g sugar
250ml milk
30g cocoa
1 teaspoon rum essence

For the rolling
walnuts

③ *Rolled cake*

For the sponge

Separate the **egg whites** from the **yolks**. Beat the **egg whites** with the **salt powder** and set aside.

The **yolks** are mixed with the **sugar** until a foamy composition is obtained.

Add the **oil** in a thin layer (like for mayonnaise), then the **mineral water**.

Add the **egg yolk** composition over the **egg whites** and mix with a spatula from the bottom up.

Add baking paper on a tray and a little **oil**, pour the composition into the tray and put the wheat in the preheated oven on **medium heat** for about **25-30 minutes**.

The glaze

Put **sugar, cocoa, milk, margarine / butter** in a kettle.

Put it on a heater and let it boil until the **sugar** as well as the **margarine / butter** are melted.

Add the **rum essence** and then leave the glaze to cool.

When the wheat is cooled, cut it into a square shape and pass each piece through the glaze and then through the **walnut**.



④ *Sour milk cake*

The **eggs** are mixed.

The **sunflower oil** is added, then the **sour milk** and the **baking powder**.

All is added in the oven for baking.

After baking it is taken out of the oven for cooling.

It is being served as **the most delicious (and easy to prepare)** cake from Poiana Ilvei.



Poiana Ilvei

ingredients

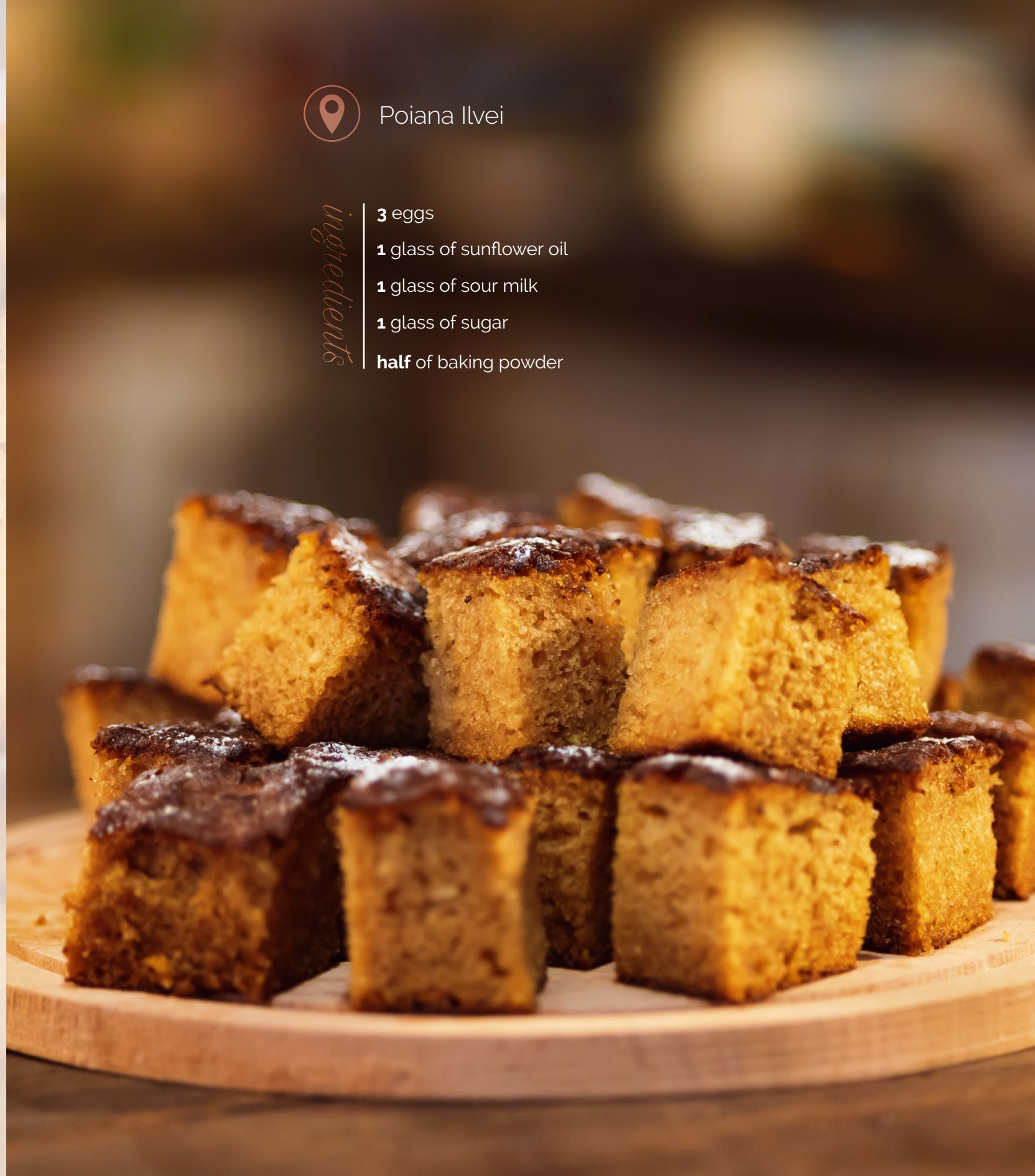
3 eggs

1 glass of sunflower oil

1 glass of sour milk

1 glass of sugar

half of baking powder





Măgura Ilvei

ingredients

pork fillet

minced meat
(sausage material with
all the necessary spices)



⑤ *Pork roll*

Cut the **pork fillet** into thin strips.

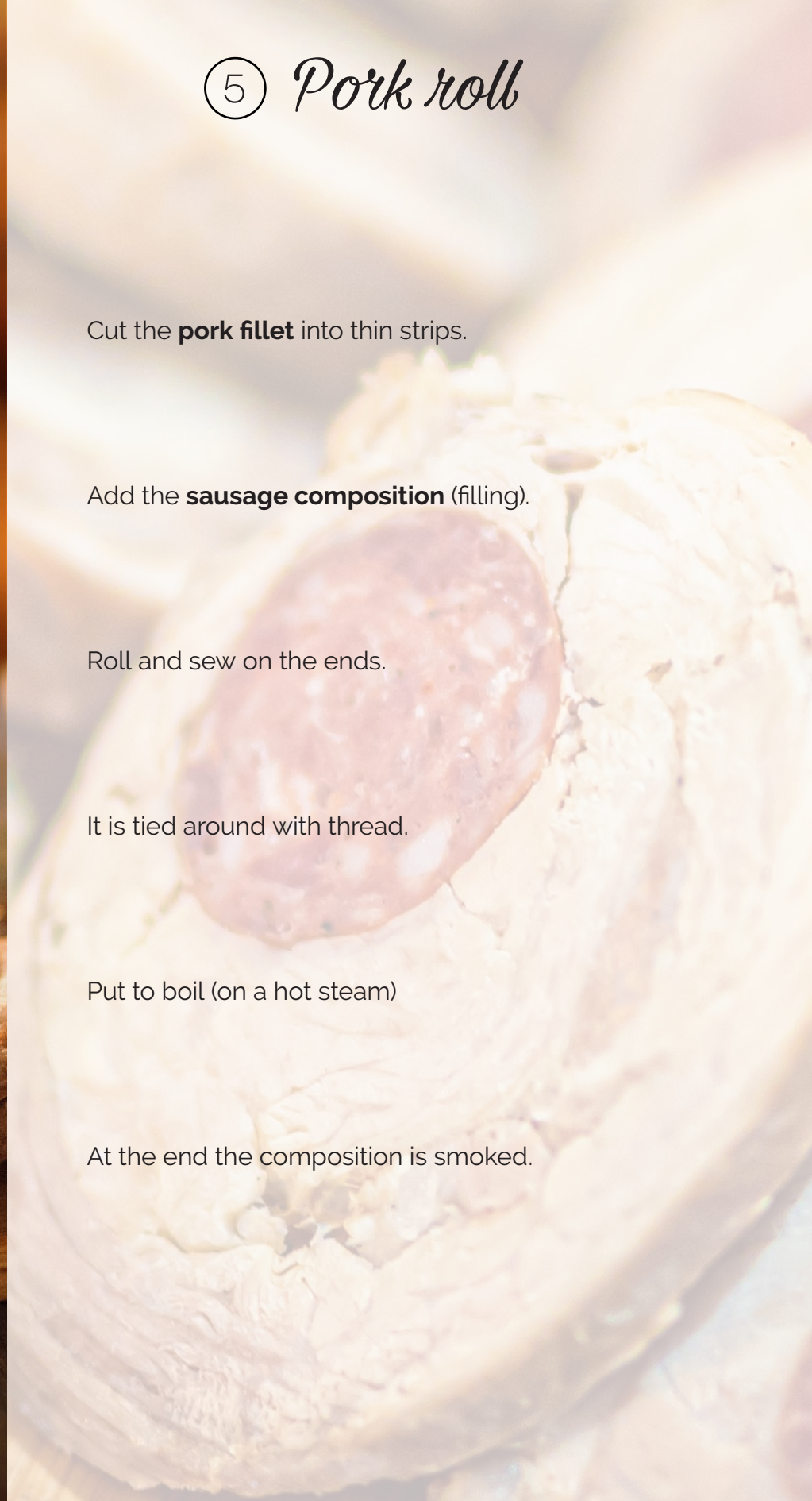
Add the **sausage composition** (filling).

Roll and sew on the ends.

It is tied around with thread.

Put to boil (on a hot steam)

At the end the composition is smoked.



⑥ Crepes

with natural mineral water and jam

First, mix the **eggs** with the **sugar** and **salt**.

Pour the glass of **milk**.

Mix the composition thoroughly.

Meanwhile, gradually add the **flour**, then pour in the natural **mineral water**.

Repeat until the composition is homogeneous with the natural **mineral water**.

Mix the composition well so that it is not lumpy.

When the dough is ready, add the **oil**.

Heat the pan and grease with a little oil.

After you pour the **dough**, rotate the pan in a circle so that the dough spreads evenly over the surface of the pan.

Continue until there is no composition left.

The fire must be **medium** so that the crepe turns golden yellow and not burnt.

The crepe is baked on the first side for **30 seconds**, on the second side for **15 seconds**.

They are then greased with **jam** and rolled, ready to be served.



Ilva Mare

ingredients

2 glasses pf white flour
2 eggs
200ml milk
500ml natural mineral water
2 full spoons of sugar
1 teaspoon of salt
50ml of sunflower oil
1 vanilla sugar sachet





Lunca Ilvei

ingredients

entrails from a lamb (liver, lungs, kidneys, heart)
caul (the membrane that covers the organs)
meat from the head and ribs
2-3 bunches of green onions
1-2 bunches of green garlic
50ml vegetable oil
2 bunches of parsley
6 eggs
salt and pepper according to taste



⑦ Lamb tripe

Carefully wash the **lamb organs** and put it in water to boil.
▲ (women from Lunca Ilvei say that if you add salt, the liver will harden and it will become like a stone)

While the composition is boiling, the foam that forms is cleaned. It should not need more than an hour and a half to be done, as the lamb meat is quite tender. After that, leave the organs to cool in the same water in which they were boiled.

While the organs cool, wash the **onion and garlic** and chop them into small pieces. Put it in a pan to cook until they are well done and the water has evaporated and left to cool.

Boil **3 eggs** and peel them.

Put the **pieces of meat** for the soup to boil, then choose the meat that is put in the soup, and the **falls and fats** are kept for the tripe. The meat is chosen for the soup and set aside, and what is left, fats, skin, meat scraps are finely chopped.

After the organs have cooled, chop them into small cubes and place them in a bowl next to the meat left over from the soup, over which add the hardened **onion and garlic**, the remaining **3 raw eggs, parsley, salt, pepper** and mix.

Put the **caul** in warm water to soften it and spread it on a work surface.

Put half of the composition of the drob, the **boiled eggs**, the other half of the composition, mix it so that it gets the shape of a roll.

Wrap the **caul** around the roll and place it in an oiled baking tray.

Place in the oven for **35-40 minutes**, remove after that and leave in the baking tray for cooling, then the tripe is ready to be served.

⑧ *Mushroom stew*

Select the **mushrooms**, checking for impurities and worms. Wash thoroughly under the water and leave to the steam.

Cut into pieces of approximately **2-3cm**, not very small because the boiling point is still decreasing.

Chop the **onion** into small pieces, and **garlic**, thinly sliced. In a heavy skillet place the pig lard, and when it's hot, the onion and garlic, mixing continuously.

Add the **mushrooms**, allow all to brown briefly together and add **hot water**, a little **salt** according the taste and put the lid over to the steaming hole.

The cooking time is about **10 minutes**.

Then add the **sour cream** and mix thoroughly to homogenize.

Bring to a boil then the stew is ready.

If necessary add salt and pepper according to the taste, and **finely chopped parsley** or **dill**.



Şant

ingredients

600g mushrooms

1 onion

1-2 garlic cloves

1 pig lard spoon

300g homemade sour cream

dill/parsley (optional)





Rodna

ingredients

400g cottage cheese
300g white flour
1 teaspoon of baking soda
2 eggs
a pinch of salt
1 sachet of vanilla sugar
lemon peel



for serving

sour cream, jam, vanilla sugar

⑨ *Papanashi (fried donut)*

with sour cream and pot cheese

Put the **cottage cheese** in a bowl first.

Add the **whole eggs, salt, lemon peel** and mix them all together. ▲ No sugar is currently added to the composition, as the mixture risks softening and the papanas spread when they are placed in the pan.

Sift the **flour** and add the **baking powder**.

Mix with your hands not for long, but do not knead, because the dough can harden, mix until you get a soft and slightly sticky dough.

Cover the dough with foil and let it cool for about **30 minutes**.

Take out the dough and spread it on a flat surface with the rolling pin, to a thickness of about **2,5 cm**, then cut large circles using a cup or a glass, make a hole in the middle for the top miniballs, with the diameter about **3 cm**, The remaining dough is reused to create new dough circles.

Fry in a hot oil bath well. Immediately reduce the temperature of the fire so as not to burn the crust of the papanashi. Flip them after **2-3 minutes**; the balls turn on their own, floating on the surface.

Take them out on tray to dry, on a napkin that absorbs the oil.

The papanashi are served hot, placed on a plate, with the cream and jam of your choice added.

⑩ *Rotten corn cake*

The **corn** is taken to the mill for grinding and a coarser and larger corn flour is obtained, similar to that of wheat.

Sift through a thicker sieve and placed in a laver (wide and shallow vessel).

Over the **flour** break the **eggs**, put the **sugar, lard** and a lot of homemade **sour cream**.

Mix all together until it is obtained a dough just right

Place it in a tray and add it into the oven preheated, recommended in a wooden oven.

Leave it to bake until ready to serve.



Maieru

ingredients

corn flour

eggs

lard

sugar

sweet sour cream;





Sângeorz-Băi

ingredients

flour

1 teaspoon of salt

yeast

warm borcut

spicy sheep cheese or cow cheese

11 Pies with Borcut

(natural mineral water)

In a bowl add as much **flour** as you can and make a hole in the middle and add the preheated **borcut** with the **yeast** and let it melt.

Add a teaspoon of **salt** and knead the dough until it is no longer sticky and it can be easily removed from the palm of your hand.

Add a little **lard**.

Leave it to rise, meanwhile heat the **oil** in a thick pan.

When the dough is ready, start the frying procedure, take a handful of dough and spread it on an oily surface, for stuffing add **sheep cheese** or **cottage cheese**, then fold them and stretch them once more so that the dough is nice and uniform and put it in the pan to fry.

Fry on both sides, when ready take them out on a plate and they are ready to serve as soon as they cool a little.

12 *Dumpling soup*

Place the **meat** in cold water with a little salt and let it boil over **low heat** for about **20-30 minutes**.

When boils, it foams (clean the foam).

Add the **vegetables** and let them boil until they soften (almost **30 minutes**).

For the dumplings

Separate the yolks from the whites.

Stir the **egg whites** until they became foam , mix the yolks with the **4 spoons of oil**.

Lightly incorporate the egg yolks into the egg whites with a spatula gradually adding semolina.

Set aside for **10-15 minutes** for the semolina to rise.

With the spoon moistened in advance in cold water, take a suitable amount and add it to the soup that boils slowly until the composition is completed.

The dumplings boil for about **10 minutes** at **low heat** with the lid on.



Şant

ingredients

soup

500g chicken meat

2 carrots

1 parsnip

1 large onion

1 pepper

parsley

salt and pepper, to taste

dumplings

2 eggs

4 spoons of oil

6 spoons of semolina flour





ingredients

2 whole eggs
about **18-20** yolks
flour, as required
1-2 tablespoons of vinegar
salt
frying oil



13 Clews

The **two whole eggs, the yolks, the salt** and **the vinegar** are put in a bowl and we beat well, then add the **flour**, little by little and we mix.

Add **flour** until you get a hard dough, which is possible stretch.

From the dough that came out we form balls of the same dimension. Let it be about **35-40** pieces.

Spread them thin (approx. **2mm**), like a sheet of pie, in a round shape.

Then we will cut it into thin strips, **the width of a finger**, so that a one finger wide border remains around it.

We lift each second strip, forming a ball / clew.

Put the balls in a part of the special frying form. Grasp the two ends of the frying form and fry in hot **oil** or **lard** for about **1 minute**, turning the shape on all sides, turning the shape on all sides. Let's use a small pot for frying, to use as little **oil** as possible.

Take out the fried ball and place it on a napkin to drain the oil from it. After it has cooled, we roll them through **powdered vanilla sugar**.

The clews are ready! Good luck cooking, good appetite!

14

Onion stew

with polenta

Peel **an onion** and cut it julienne.

Then put it to fry in **lard** in a saucepan and add salt.

Leave on **low heat**, but stir constantly until it becomes translucent

Cook for about **20 minutes**.

Boil the **cornmeal** in **salted water** and mix continuously with a whisk until well blended.

Leave on low heat and stir constantly, not too smoked

Recipes from LAG Lider Cluj



Cluj-Napoca

ingredients

500g white onion

100g lard

salt, to taste

100g maize flour





ingredients

5 cooked or pickled beetroots
2 boiled carrots
2 boiled potatoes
1 pickled cucumber
1 onion
1 apple
parsley

dressing

200ml double cream
(heavy cream or whipping cream) or crème fraîche
1 tsp white wine vinegar
white pepper liquid
(from a jar of pickled beetroots)
salt



Cut the **vegetables** into **1/2-inch** cubes and group them neatly on a dish.

Decorate with parsley.

Whip the **cream** until frothy.

Season and colour the cream with **beetroot liquid** until lightly pink.

Pour the **dressing** into a bowl for serving.

Serve with some **pickled herring**.

16 *Vispipuuro*

Whisked Berry Porridge

Bring the **water** and **berries** to the boil.

Add the **sugar** and sprinkle the **semolina** in.

Cook on a **low heat**, stirring from time to time, for about **20 minutes**.

Let it cool. Whisk the cooled porridge into a light foam with an electric mixer.

Serve with **cold milk**.



Ravakka Recipes from Leader Ravakka

ingredients

5 dl lingonberries or cranberries

2 litres of water

2 1/2 dl sugar

2 1/2 dl semolina



Kalakukko

Recipes from
Leader Kalakukko



ingredients

buttermilk crème

- 400ml** buttermilk
- 50g** sugar
- 1** tablespoon cornstarch
- 3** egg yolks
- 1** fresh vanilla pot
- 100g** mascarpone

blueberry fluid gel

- 250g** blueberry puree
- Blueberry liqueur
- 100g** sugar
- 3.5g** agar-agar
- Xanthan gum

marinated blueberries

- 50g** water
- 50g** sugar
- Slice of lemon peel
- Fresh vanilla pot
- Blueberry liqueur
- 100g** blueberries

wild herb and basil oil

- 50g** Basil
- Spruce powder
- Wild Herbs
- Oil
- 30g** Water
- 15g** Sugar

caramelized rye bread

- 200g** rye bread, diced
- 50g** sugar
- 20g** butter
- 20g** malt

17 *Blueberrypie innovation*

Buttermilk crème

Whisk together **buttermilk, sugar, cornstarch, egg yolks, vanilla seeds and pot** in a saucepan. Bring to a boil over **medium heat**, whisking constantly and let the mixture cook until its **82°C**. Pass through a fine sieve if necessary. Let the mixture cool down whipped in the **mascarpone cheese**.

Blueberry fluid gel

Boil the **puree** with **sugar**, splash of **liqueur** and just a little bit of **xanthan**. Add the **agar** to a hot liquid and cool the mixture down. Once cooled down, blended smooth and pass through a sieve if necessary. (Remove the air bubbles with vacuum, if necessary).

Marinated blueberries

Boil the water and **sugar** with **lemon peel** and **sliced vanilla pot**. Then season the liquid with **blueberry liqueur**. Let the syrup cool down just a little bit. Mix the cooled marinade in to the **blueberries 5-10 minutes** before serving them.

Caramelized rye bread

Make **rye** crumble by blitzing the **diced rye** in a food processor. Make a caramel out of **sugar** in a large pan. Add **butter** to the **caramel**. Then add the **bread** and **malt** and completely coat in the **caramel**. Spread the mixture in a baking tray and let it cool down. Grind the mixture in food processor as fine as it can be. If the mixture is wet, bake it in the oven at **170 Celsius** until its completely dry.

Dried Blueberries

Dry the blueberries in the **80°C** oven for **8 hours**. Blend the blueberries in the mixer, until they are fine powder. Use as garnish of the dish.

Wild herb and basil oil

Boiled **sugar** and water in to **syrup** and cool down. Blend it with **basil, Wild herbs** and **spruce powder** until smooth. Taste and add spruce if necessary. Put the mixture through the fine sieve and keep it in a bottle until serving.

18 Strawberries

with finely milled flour mixture

Whisk the **cream**, add **quark**, **sugar** and **sliced strawberries**.

Put into beautiful glasses or desert bowls in layers with

finely milled flour mixture.

Sprinkle some finely milled flour mixture on the top. Serve cold.

Finely milled flour mixture is made so that barley grain is boiled

and then roasted in the oven. After that it is dried and grinded

into flour. In Savo area only barley is used for this mixture.



Recipes from **Leader Kalakukko**



Kalakukko

ingredients

2 dl cream

2 dl quark

2 dl strawberries

½ dl sugar

½ dl flour mixture (finely milled)

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Project title:
THE EXPERIENCE OF THE FOUR SEASONS
Gastronomic Tourism in the Rural Areas
(Food derby)

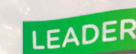
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