

Traditional food and drinks from Buzau county



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Plescoi Sausages



Plescoi sausages are famous throughout Europe and carry with them a true legend of secret recipe. According to some legends, the sausages were prepared by the outlaws who were hiding in the forests of our country. It is also believed that the Serbians and the Bulgarians added the peculiar spices, such as the chilli peppers. The preparation method has been passed on to each generation in the area of Buzau County. According to the original recipe, the sausages are made of mutton chopped with an ax, mutton suet/fat, and many spices such as garlic, thyme, basil and chilli pepper. Salt is also added and the mix is filled in mutton thin intestins.

Plescoi Babic

Babic, a traditional salami with foreign roots, was brought in our country by the Serbians and, according to a legend, the French emperor Napoleon was a guest of the nobleman Vernescu (today Memorial House Vernescu in the village of Parscov), after his withdrawal from Russia.

Nowadays, babic is a traditional product of our county, made of beef, pork, sweet and spicy paprika and filled in beef intestins.



Mutton pastrami

Our region is also known for the mutton pastrami, usually prepared at the end of autumn, which consists of mutton meat, flavoured with salt, thyme, pepper, hot and sweet paprika, dried and/or smoked and then cooked in the oven or just fried. It can be enjoyed along with polenta and a glass of dry red wine.





Bulz

Bulz is a traditional dish inspired by the shepherds' life and it is, in fact, a ball of polenta (mamaligă) filled with cheese and then fried on the stove or on fire.



The Pretzel of Buzau

The pretzel of Buzau is an original product with a unique flavour prepared by modelling the paste using hands, following recipes that date from the XIXth century.

The crunchy golden ring has become in the last few years one of our county symbols, despite it's rather poor ingredients: flour, water, yeast, salt and a bit of sugar. The secret of the unique taste and flavor consists of the leaven time, the temperature and the bake technology - the pretzels are baked on traditional oven.

Drinks/ Wine



Buzau county has a various landscape, mountains, but also hills and plains. Buzau has a rich heritage when it comes to talk about vine, due to the proper climate and soil composition that facilitated the growth of some varieties of grapes such as Tamaioasa. It is cultivated mainly in Pietroasele, one of the most important historical regions, where it has been found the most valuable Dacian treasure.

Buzau plum brandy

Tuica is a traditional Romanian alcoholic spirit, obtained by fermenting and distilling plums, documented in 1386. In Buzău, on the hills or in the mountains, plum orchards are everywhere. And most of the harvest goes to the boiler
In the cold winter evenings, you can warm up by drinking a glass of plum brandy, boiled with a bit of sugar and pepper.



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