

## STUDY REGARDING THE PARTICULARITIES OF MONASTIC GASTRONOMY

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*Abstract: Monastic gastronomy abounds in food dishes as tasteful, as healthy. The present paper highlights the monastic food dishes, occasioned by the celebration of the religious patronage of the locality, following some pilgrimages to the monasteries from Timis County.*

**Key words:** *gastronomy, monastic, ecumenical tourism*

### INTRODUCTION

Ecumenical tourism has a comprehensive definition, namely "*the form of tourism in which believers travels individually or in groups as pilgrims, missionaries, or to spend their free time in places where they can recover themselves.*" [2,3]

Religious tourism or faith tourism is based on the same types of activities as ecumenical tourism, small differences at the category of tourists with different religions, can be defined as "*the type of travel motivated by faith or by other religious reasons*". Some authors consider that religious tourism can adopt the following definitions:

- travel through to a religious destination (religious pilgrimage);
- traveling to a location with a religious event (religious gatherings, congresses, etc.);
- pleasure journey made by a religious group (tour, cruise, visiting places with tourist attractions, etc.).[2,3]

The religious patronage of the locality represents the celebration of the patron (saint) of a church. The word "patronage" comes from Slavonic and means "house". By sanctification of the church, the patronage becomes the guardian angel of the church, his spiritual patron.

The patronage of the church is celebrated with a special solemnity, on the occasion of the event or saint's commemoration, in the presence of hundreds and thousands of believers, who come to pilgrimage. [1,4]

The post is generally understood as a practice of abstaining from certain foods, on certain days of the week (Wednesday and Friday) or longer periods established by the Church. [5,7]

The post is at the same time an act of worship, that is, an action of honor of God, because it is a sacrifice - a willing renunciation of something that is allowed us - springing out from the love and respect we have to God. [6]

The monasteries dishes are free of certain ingredients. Meat is excluded from the food of monks, but except for post days, fish are eaten. The basic diet is made up of vegetables, seeds, fruits. Many recipes have two variants: for post days and for ordinary days (when between ingredients are found milk, cheese, eggs, wine, oil). [7]

The monastery dishes prepared from vegetable products are: salads, soups and borsches; the dishes based on vegetables, in general; pies and cakes; juices and jams; fruits. In the kitchens of the monasteries only natural products are used, mostly from the gardens of these worship places.

Salads met here are: cucumber salad with tomatoes, salad with potatoes, celery salad, white cabbage salad, red salad with peppers, etc.

From the category of soups and borsches, there are: soup with green beans, peas soup, soup with potatoes with oil, soup with potatoes and mushrooms, soup with potatoes with rice, borsch with nettles, beet borsch, etc.

Vegetable dishes are: baked potatoes, mushroom potatoes, potato dumplings, garlic toasted courgettes, pots with vegetables, rice pilaf, cabbages, beaten beans etc.

From the category of desserts, there are: pumpkin pies, cabbage pies, potato pancakes, apple pie, spinach, pancakes, apple cake, gingerbread, etc. [1,8]

### MATERIAL AND METHOD

The data presented in the paper are obtained within the framework of the project "Monastic Gastronomy" project carried out in collaboration with the Timis County Council, the Timiș County Center for Culture and Art and the Food Industry School Group from Timișoara.

The documentation for creating this work was made during pilgrimages to various monasteries with the occasion of the celebration of the religious patronage of the monasteries. The monasteries visited were: Timiseni - Sag, Partos, Petroasa Mare, Luncanii de Sus, Cebza, Morisena, Saraca, Romanesti, Izvorul Miron, all being located in Timis County.



Timiseni - Sag monastery



Partos monastery



Petroasa Mare monastery



Luncanii de Sus monastery



Cebza monastery



Morisena monastery



Saraca monastery



Romanesti monastery

<http://mitropolia-banatului.ro>

### RESEARCH RESULTS

On the occasion of the religious patronage of the monasteries, the table for the pilgrims is prepared with the help of the women from the village, with firewood, at the pot, according to the traditional recipes. Each member of the community considers necessary its participation through work and food offerings to the celebrated divinity, thus often generating abundance characteristic of the feast tables.

On the religious patronage day there is a special food named „coliva” that is sanctified during the ministry. This dish is made from boiled wheat boiled and subsequently mixed with

sugar, ground nut and cocoa. „Coliva” has a profound meaning: the multitude of wheat grains, which the Lord himself portrayed as symbols of the resurrection of the bodies, are the Church Of Christ and her members (alive and asleep), and certifies our faith in immortality and resurrection. Sweets and ingredients from the composition of the “coliva” are the virtues of the saints, the sweetness of eternal life, and the angelic clans and all the saints in the Divine Light".(Ioan 12, 24 și 1 Corinteni 15, 36)

Among the culinary dishes prepared in the monastic places, with the occasion of religious patronage celebration, can be mentioned:

*Cabbages* have several recipes: cabbages with rice and mushrooms, with vegetables chopped and flavored with mint, nuts and rice, or cabbages with corn and carrots.

*Vegetable soup with noodles* - a liquid preparation based on carrots, parsley, parsnips, celery and noodles without egg.

*Vegetable soup* – dish which has in composition different vegetables (carrots, parsley, parsnips, green beans, tomatoes, peppers), onion, oil and spices.

*Bean beans soup* – dish based on beans, carrots, peppers, tomatoes and tomato paste, onions, celery and spices

*Beaten beans* - a dish based on bean, carrots, onion, garlic and spices.

*Mushroom potato pancake* - a dish of potato, mushroom, onion and spices.

*Potato and mushroom stew* – a post dish based on potatoes, mushrooms, onions and spices.

*Pepper filled of post* - based on peppers, carrots, rice, onions, tomatoes, flour, oil and spices.

*Potato salad with white sauce and peas* - a dish based on: potatoes, peas, mustard, soy milk and oil.

*Eggplant salad* – based on baked eggplant, onion, oil.

*Spinach pie* - a pie based on pie sheets, spinach, eggs, cheese, butter, olive oil, dill.

*Dumplings with potatoes* – dish based on flour, meal, potatoes, onion, oil and spices.

*Noodles with breadcrumbs* - dessert based on noodles, bread, sugar, oil and cinnamon.

*Mushroom Goulash* - a based on a mushroom mix (champignon, geese), red pepper (oatmeal or kapia), onion, garlic, tomato paste, oil, various spices or seasoning (rosemary, salt, black pepper, sweet pepper, balsamic vinegar)

*Monastery stew* - a rich dish in boiled vegetables: kapia pepper, eggplant, onion, tomatoes, hot pepper and pepper, garlic, pepper and salt

There is also a great variety of vegetables or syrups canned (sea buckthorn, tree, shock). “Zacusca”, for example, is a common product in the kitchens of the monasteries, in several variants: with eggplant, with kapia pepper, with pepper, eggplant and carrots.

## CONCLUSIONS

Monastic cuisine offers to pilgrims’ dishes particularly tasty, prayer being a key element for such an effect. At the same time, the monastery's dishes are very healthy through the fact that they bring a special intake of vitamins and minerals, the raw materials are natural and fresh, they don't have a high fat content and avoid heat treatments that involve roasting.

At the same time, post foods help the body in the detoxification process and remove the causes that cause various diseases. Post has positive effects in strengthening the immune system.

Monastic gastronomy can be an important component of ecumenical tourism.

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