

what is mamaliga?

Mamaliga is a dish consisting of a porridge made out of wheat or yellow maize traditional for Romania and Moldova. It is better known to the rest of the world in its Italian form named “polenta.” Historically a peasant food, it was often used as a substitute for bread or even as a staple food in the poor, rural areas. However, in the last decades it has emerged as an upscale dish available in the finest restaurants.

