

# Júlia Frank

## New Hungarian Cuisine

magyar könyvklub











JÚLIA FRANK  
— NEW —  
HUNGARIAN  
CUISINE

magyar könyvklub





## An aperitif

Let me just state a personal opinion: I love my cooking. Hungarian cooking. Perhaps not everyone knows this, but according to unofficial sources, Hungarian cuisine is among the three finest in the world; in first place is French cooking, second Chinese, and third...well, you've guessed it. This verdict is first and foremost based on the richness and balance of flavours in Hungarian cooking.

Typical traditional Hungarian dishes are spicy, with plenty of carbohydrates and fat. Until recently this high-calorie formula persisted. For the most part, meals are prepared with pork fat, along with our very own world famous onions and paprika.

If you want to know how this characteristic culinary culture came into being, take a peek into the cooking pots of bygone days! We have the nomadic lifestyle of our Hungarian ancestors to thank for the use of dried ingredients, among other things. The Turkish conquest brought us numerous tasty dishes like stuffed cabbage, stuffed pepper, *strudel* and *tarhonya* (a form of couscous-like tiny pasta). We "inherited" just as many different recipes from our neighbours in the Austro-Hungarian Empire, too. Typical dishes in turn of the century Hungary were rich, hearty soups, noodles, meat stew with dumplings and vegetable stew with breaded fillets,

smoked meats, hearty roast joints, and both sweet and savoury pasta and pastries. But how exactly did this style of cooking come about?

At the start of the 20<sup>th</sup> century the most important domestic crops were cereals and vegetables. Pork was also a staple. Without it, large families would have starved, since in country areas this (together with poultry) was the only meat available. In villages, butchers' shops or stalls were rarely seen. So meat had to be preserved and kept throughout the whole year.

A high-calorie diet was essential for smallholders (who were themselves their own farm labourers) to cope with the physically demanding tasks of harvesting, ploughing, blacksmithing, etc. Nobody could grow or buy sufficient vegetables to fuel such energy needs. Therefore, the farmer's wife would thicken or "stretch" vegetables and stews with flour. *Rántás* was one such style of stretching dishes, one that plays a part in no other country's repertoire of culinary techniques. (To make *rántás*, brown some flour in a little fat, then bring to the boil with water, meat or other juices. Pour over the cooked vegetables and cook until thickened.) Sweets like *aranygaluska* (Hungarian coffee cake) and *bukta* (jam roll) were common, as well as pasta dishes such as cabbage or ham lasagne, vermicelli with cottage cheese, and so on. (I am using Italian terms for pasta in order to give an idea of the dishes. This is slightly misleading, however, because the Hungarian varieties have their own distinctive character.)

Hungarian cuisine in recent years has lost its previously high reputation! As sedentary work has largely taken over from physical labour in a large portion of society, our metabolisms need fewer calories to get through the working day. We need to change our cooking habits to create a lighter, lower-calorie diet without losing the flavours we love! We must not forsake the piquan-

cy of fine herbs and spices, or the distinctive Hungarian character of our food given by the various cooking styles acquired over centuries. Fried onions and paprika lend an unmistakable zest to our dishes—just fry them in a little oil instead of pork fat, and the flavours will stay as rich as ever!

The current leaders in Hungarian gastronomic circles have been reforming our food, providing us with lower-calorie dishes rich in vitamins and fibre, but lacking none of the distinctive tastes of Hungary.

Of course it's no surprise if a visitor to Hungary prefers fresh salad to the pickled variety, grilled fish instead of a rich pork stew, or just wants to eat fruit. But I'm also sure that every visitor wants to try a Hungarian speciality like stuffed cabbage, paprika chicken, pork roast or a traditional dessert at least once during their stay.

I hope that you will relish these most delicious of genuine Hungarian dishes. Believe me, these flavoursome low-calorie versions sacrifice none of their Hungarian character. (Of course ingredients like smoked bacon, for example, cannot be cut out of every recipe, but the amount is reduced, when possible).

There are so many types of hobs and ovens available in Hungary, indeed throughout the world, that it is not possible to give an exact timing to recipes. There is quite a difference between cooking your duck in a fan-assisted electric oven and cooking it in a conventional gas oven. The first time you cook a roast or a pastry you will find out how much time is required for that dish.

Enjoy your meal in good company!

Júlia Frank





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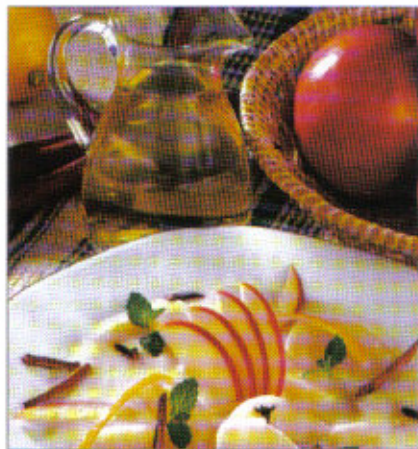
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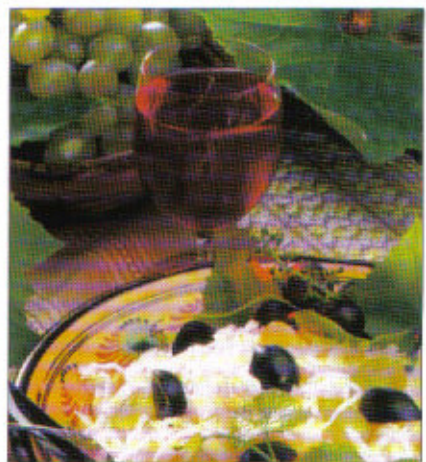
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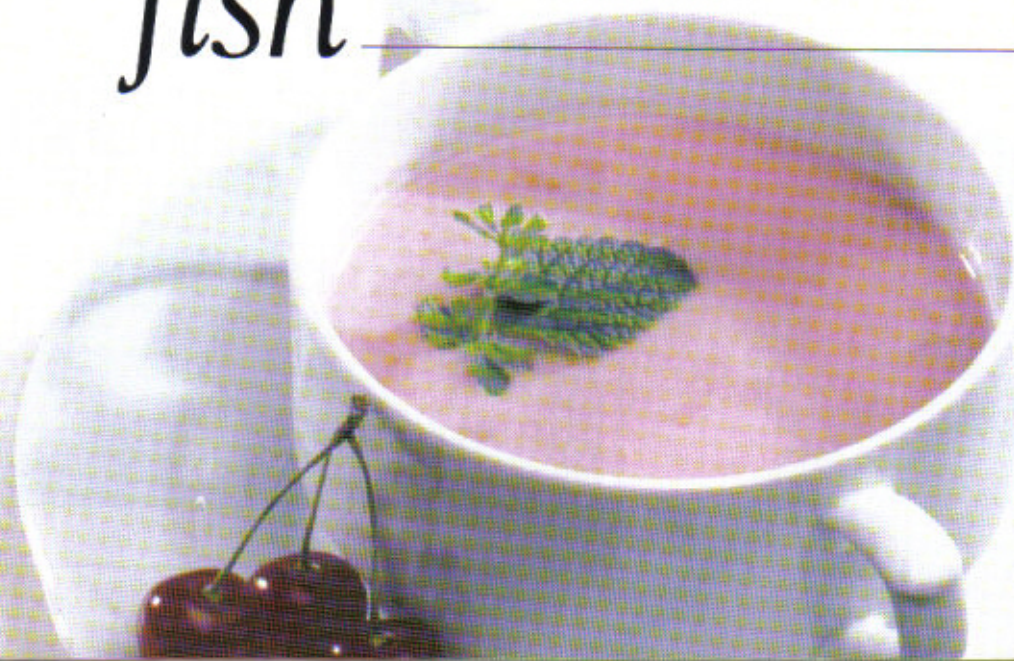








*Soups,*  
*one-course meals,*  
*fish*





## Cinnamon Apple Soup

Serves four:

500 g (1 lb.) peeled apples

100 g (3½ oz.) sugar

50 g (1½ oz.) sultanas/raisins

the zest of one lemon

one egg yolk

½ a tsp. salt.

**Directions:** Put the cored, chopped apples in enough water to cover them. Add the lemon zest and simmer gently for 10-15 minutes, then strain. Beat the egg yolk with a whisk. Stir the sugar, salt and the beaten egg yolk into the apple purée. Beat the mixture, and thicken over heat, stirring continuously. Serve hot or cold.

■ **Tip:** The apples do not have to be the most succulent and tasty for this recipe. Simmer, but do not boil, otherwise the egg will separate. And if you add sultanas it will be even better!

*Delicious served hot or cold.*







## Cherry Soup with Red Wine

Serves four:

750 g (1 lb. 10 $\frac{1}{2}$  oz.) cherries

100-150 g (3 $\frac{1}{2}$ -5 oz.) sugar to taste

(depending on the cherries)

200 ml (8 fl. oz.) cream

100 ml (3 $\frac{1}{2}$  fl. oz.) sour cream

200 ml (8 fl. oz.) dry red wine

1 tsp. flour, 3 cloves

a pinch of cinnamon

the zest of half a lemon

$\frac{1}{2}$  a tsp. salt.

**Directions:** Sprinkle the spices into 200 ml (8 fl. oz.) of water, and boil in a covered pan for 10 minutes. Strain, then add 600 ml (2 $\frac{1}{2}$  fl. oz.) water and the red wine to the resulting spicy liquid. Wash the cherries and remove the stalks and the stones. Place them in the red wine mixture (together with any juice that escaped from them in preparation) and add the salt. Boil for 5 minutes in a covered pan.

Take a spoonful of the boiled fruit and leave on one side to cool, then puree it in a blender with the sour cream, cream, flour and a little fruit juice if necessary. Then put this purée back into the pan while it is still on the heat, and simmer for at least a further 5 minutes, stirring continuously. Now (and only now!) add the sugar. Leave to cool, and put in the refrigerator. Serve ice cold in dessert bowls.

■ **Tip:** For special occasions, top off each serving with a dessertspoon of whipped cream.

*A refreshing treat for special occasions.*







## Chicken Soup

Serves 8:

One whole chicken

(1.5-2 kg/3 lb. 4 oz.-4 lb. 6 oz.)

1 kg (2 lb. 3 oz.) mixed vegetables

(carrots, kohlrabi, turnip, celery,  
green/bell pepper or red pepper)

1 large cauliflower

1 slice of Savoy cabbage

1 large onion

1 small bunch of runner/string beans

100 g (3½ oz.) mushrooms

2 tablespoons shelled green peas

1 tomato, 1 bunch of parsley

1 bunch of celery leaves

3 garlic cloves

10 black peppercorns

1 bay leaf,

1 small piece of lovage

(or a bunch of fresh lovage leaves)

a little nutmeg

3 cardamom pods

(break open and use the seeds)

2 cloves, a good 3 litres

(106 fl. oz.) water

50 g (1½ oz.) angel hair pasta

(capellini)

2 Tbs. salt, a pinch of sugar.

**Directions:** Remove the skin from the chicken and cut away the fat. Cut into small pieces. Put the herbs and spices in a tea infuser. Wash the unpeeled onion. Peel the garlic cloves and cut them in half. Put the chicken, herbs and spices, onions and garlic into a large pot. Pour in the water, and bring to the boil, uncovered.

Turn down the heat and simmer for at least 1½ to 2 hours (depending on the age of the chicken). Do not stir. Ensure that the soup cooks evenly, simmering rather than boiling. Meanwhile, wash the vegetables. At the end of this stage, when the meat should start becoming tender, gradually add the vegetables (except for the parsley and fresh lovage) a little at a time, so that the pot continues to simmer throughout. Continue to cook until all the ingredients are nice and tender. Remove from the heat

and leave to cool for 30 minutes.

Meanwhile cook the pasta.

Strain the chicken broth with a fine-meshed strainer, and put the meat and the vegetables on a separate dish. Chop the celery, parsley and lovage leaves finely, and sprinkle on top of the soup. Serve together with the pasta. Prepare a sauce to your own taste to go with the meat and vegetables, and either serve alongside the soup, or as a second course.

■ **Tip:** The older the chicken, the tastier the soup.

*A traditional Hungarian dish.*

## Cold Pear Soup

Serves four:

4 ripe pears (800 g/1½ lb.)

400 ml (14 fl. oz.) medium-dry white wine

100 ml (3½ fl. oz.) cream

60 mg (2 oz.) powdered/caster sugar

the juice and grated zest of one lemon

1 dessertspoon of pear palinka (pear brandy)

½ a tsp. ground cinnamon

½ a tsp. salt

**Directions:** Wash the pears and remove the cores. Take 20 scoops from the fruit with a small (teaspoon sized) metal scoop, and immediately pour lemon juice over. Put the rest of the fruit and the cream into a blender and purée. Add the wine, palinka, cinnamon and salt, and finally the castor sugar to sweeten. Place the pear scoops into cooled dessert bowls or glasses, pour the blended mixture over, and serve immediately.

■ **Tip:** Pouring the lemon juice over the flesh of the fruit immediately means it will stay nice and white. Sugar-free sweeteners can also be used instead of sugar.

*Quick and simple.*

## Cream of Tokay Soup

Serves four:

800 ml (28 fl. oz.) sweet

Szamorodni Tokay wine

4 egg yolks, 2 Tbs. sugar

1 Tbs. lemon juice

½ a tsp. grated lemon zest

½ a tsp. ground cloves

a pinch of salt

2 egg whites

1 Tbs. sugar.

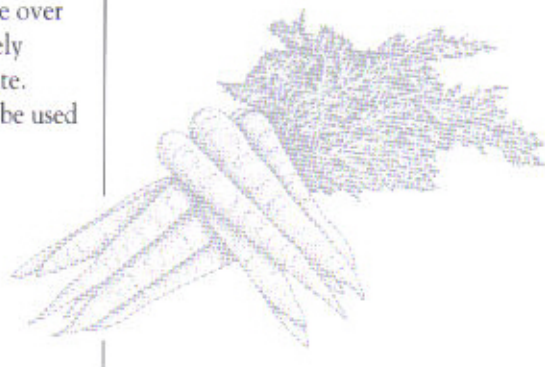
**Directions:** Beat the egg yolks and the sugar together. Sprinkle the spices into the wine, and bring to the boil. Simmer for 3 minutes, then strain.

Pour the sugar and egg yolk mixture into the wine while still hot, whisking continuously. Whisk until the mixture has a creamy consistency. Whip the egg white to a stiff froth, then beat in the sugar, until the mixture is pure white and shines a little. Boil some water in a small pan, scoop out small pieces of the egg mix with a teaspoon and add to the water.

When the egg bits are cooked on the bottom (after 1-2 minutes), carefully turn them over. When both sides are done, remove with a straining spoon, drain, and float on the wine soup. Serve in bowls.

■ **Tip:** Do not boil the wine for too long, or it will lose its flavour!

*Traditional Christmas Soup.*





## Oxtail Soup

Serves six:

1 kg (2 lb. 3 oz.) oxtail  
400 g (15 oz.) mixed vegetables  
(carrots, kohlrabi, turnip celery root,  
green/bell pepper or red pepper),  
3 Tbs. cognac • 2 Tbs. dried  
salted vegetable seasoning  
1 Tbs. oil • 1 bay leaf • 1 tsp. dried marjoram  
1 tsp. basil • 1 tsp. rosemary  
ground pepper to taste

**Directions:** Wash the vegetables, and leave whole. Wash and dab the meat dry. Oil a baking tray large enough for the meat and vegetables together. Pre-heat the oven at a medium setting. Put all the vegetables onto the baking tray, then add the meat. Brown the meat on all sides, then place together with the vegetables in a deep pot. Pour in 1½ litres (53 fl. oz.) of water, sprinkle in the herbs, and bring slowly to the boil. Cover and cook on a low heat until tender throughout. When the meat is done, strain off the stock, remove the bone from the meat, discard the bay leaf and dice the vegetables. Pour in the cognac immediately before serving.

■ **Tip:** There is no need to remove the froth from the surface of the soup, since it will boil away anyway. Do not stir!  
*A traditional Hungarian dish.*

## Spicy Pork Soup

Serves four:

400 g (15 oz.) shoulder of pork  
250 g (9 oz.) mixed vegetables  
(carrots, kohlrabi, turnip celery root,  
green/bell pepper or red pepper)  
100 g (3½ oz.) peas • 100 g (3½ oz.) mushrooms  
1 onion • 100 ml (3½ fl. oz.) cream  
100 ml (3½ fl. oz.) sour cream  
1 Tbs. flour • 1 tsp. oil  
a bunch of parsley  
the juice and zest of half a lemon  
a tiny amount of sugar  
salt and pepper to taste

**Directions:** Dice the meat. Peel, clean and dice the mixed vegetables. Clean and slice the mushrooms.

Peel and chop the onion finely. Heat the oil in a pan and brown the onion, then add the meat and fry quickly until it turns a light colour all over, stirring continuously. Add the mushrooms and the mixed vegetables. Pour in a litre of water, sprinkle in the herbs, cover and cook until soft. Blend the flour with the cream and sour cream, then stir the mixture into the pan with the meat and vegetables. Bring to the boil. Finally flavour with the pepper, lemon juice and zest, dash of sugar and finely chopped parsley.

■ **Tip:** Diced poultry makes an excellent substitute for pork.  
*A traditional Hungarian dish.*

## Pork Offal Soup

Serves six:

1 kg (2 lb. 3 oz.) pork offal  
(heart, tripe, trotter, tail)  
the juice of 2 lemons  
and the finely grated zest of one  
200 ml (8 fl. oz.) low-fat sour cream  
2 tablespoons oil • 1 Tbs. flour  
3 meat bouillon cubes  
a washed and finely  
chopped bunch of parsley  
2 garlic cloves  
a tiny amount of sugar  
ground black pepper to taste

**Directions:** Carefully clean the pork and cut up into segments. Heat the oil in a pan and sauté the meat. Pour in 1 litre (35 fl. oz.) of water. Stir the flour, sour cream and lemon juice into a smooth mixture and put to one side.

Add the bouillon cubes to the pan, together with the crushed garlic and the zest of one lemon. Cook on a low flame until the meat is tender throughout. Strain, remove the bones from the meat, slice and put back into

the strained stock. Now stir in the lemon, flour and sour cream mixture. Bring to the boil, then sprinkle in the parsley, add pepper and the dash of sugar.

■ **Tip:** Duck or goose offal can substitute for pork.  
*A 19<sup>th</sup> century dish.*

## Rake's Soup

Serves four:

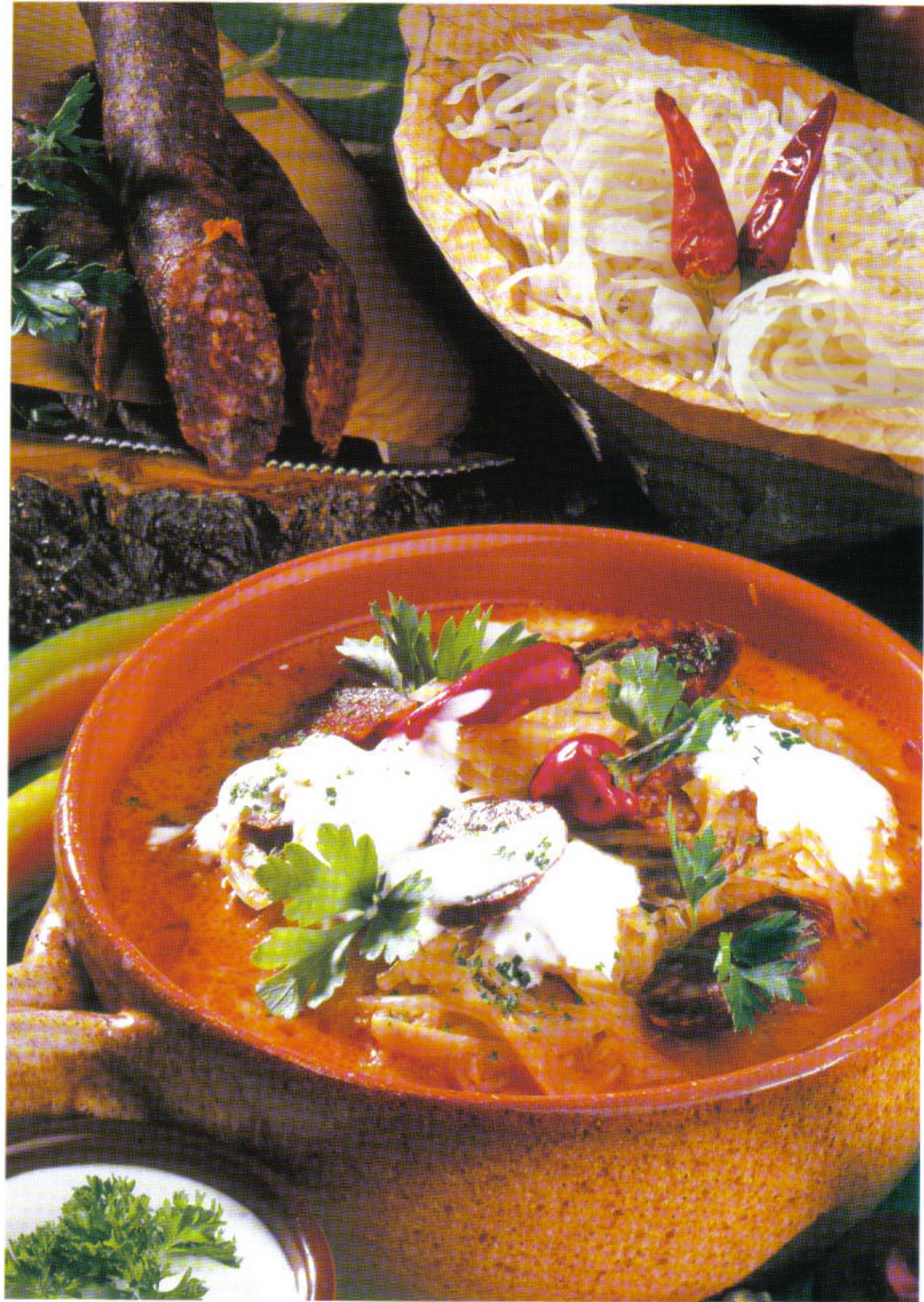
500 g (1 lb.) pickled cabbage  
250 g (9 oz.) mushrooms  
100 g (3½ oz.) smoked  
Hungarian sausage (kolbasz) • 1 large onion  
200 ml (8 fl. oz.) sour cream  
1 Tbs. oil • 1 Tbs. flour  
salted vegetable seasoning paprika  
dried savory • a bunch of parsley  
1 bay leaf • 1 tsp. paprika  
½ a tsp. ground black pepper  
vinegar or lemon juice • a dash of sugar

**Directions:** Clean the mushrooms, and chop finely. Chop the pickled cabbage, remove the skin from the sausage and slice. Finely slice the onion, and lightly brown in hot oil. Sprinkle in the paprika, remove from the heat and stir well. Add 1 Tbs. water and the herbs and spices, then stir in the mushroom and the pickled cabbage. Stir the flour, sour cream and 50 ml (1½ fl. oz.) water into a smooth mixture.

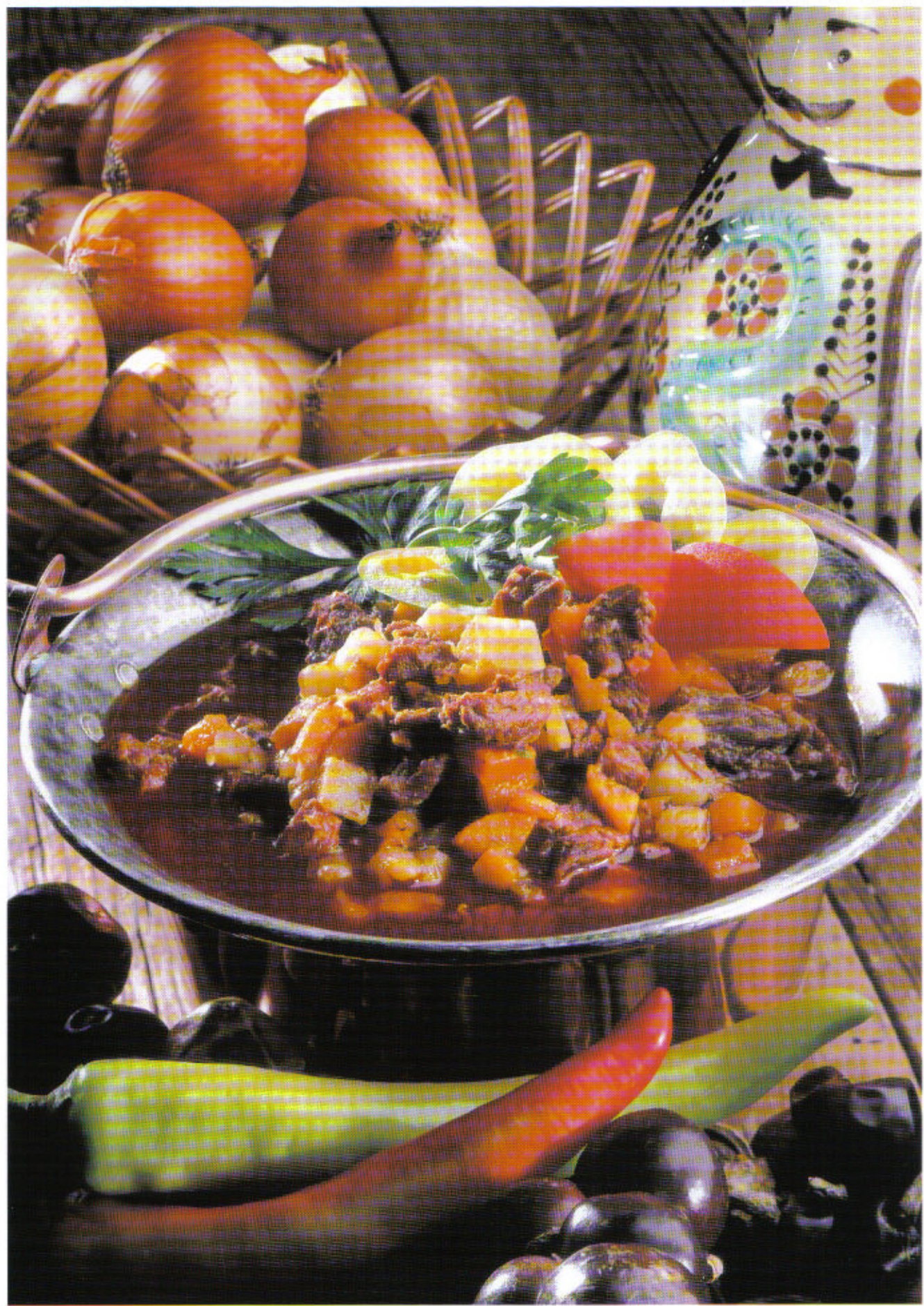
Cook the vegetables in their own juices until there is no water left in them, only juice. Then pour in 1 litre (35 fl. oz.) of water and bring to the boil. After simmering for 10 minutes, stir in the sausage. Add the flour and sour cream mixture while the pot is still on the boil, and then add the vinegar and sugar. Bring off the boil and add parsley.

■ **Tip:** Other types of smoked meat are often used instead of smoked sausage.  
*A New Year's Eve dish.*











## Goulash (*Gulyásleves*) [photo]

Serves four:

400 g (15 oz.) shin of beef  
500 g (18 oz.) peeled • washed potatoes  
300 g (11 oz.) mixed vegetables  
(carrots, kohlrabi, turnip, celery root  
green/bell pepper or red pepper)  
100 g (3½ oz.) carrots • 100 g (3½ oz.) turnips  
100 g (3½ oz.) celery stalks  
100 g (3½ oz.) mushrooms  
1 large onion • 2 green (bell) peppers  
1 tomato (frozen pepper and tomato are  
also acceptable)  
2 Tbs. oil • 1 level Tbs. paprika  
(for those who like it hot and spicy, use spicy  
pepper or chilli puree)  
1 Tbs. salt • 1 garlic clove  
1 knife-tip ground caraway seeds

**Directions:** Wash the meat, dab dry, and cut into 2-3cm (1-1½ inch) cubes. Peel and wash the potatoes and cut into similar sized cubes. Cut the vegetables into thin slices. Wash and core the green peppers and cut into rings, slice the tomato finely, and slice the mushrooms.

Chop the onion finely. Heat the oil in a pan and sauté the onion until it's translucent. Take off the heat and stir in the paprika. Immediately pour in 2 tablespoons of water. Return to the heat, add the meat cubes, and fry until the meat is a light colour all over. Stir continuously. Add 1½ litres (53 fl. oz.) of water and continue cooking until the surface of the meat is tender, then add the vegetables, mushrooms and potatoes. Add salt and spices, cover and continue cooking until the ingredients are tender throughout. At the last moment add the green pepper and tomato, and boil for another 1-2 minutes.

■ **Tip:** For those who like strong paprika, stir in half a teaspoon of spicy pepper (or chilli) purée to your own portion at the table.

*An original Hungarian dish.*

## Spiced Duck Soup

Serves six:

The wings  
legs and backbone of one duck  
250-300g (9-10½ oz.) mixed vegetables  
(carrots, kohlrabi  
turnip, celery root  
green/bell pepper or red pepper)  
1 small onion  
3 garlic cloves  
1 heaped tsp. flour  
1 tsp. lemon balm  
3 cardamom pods  
(break open and use the seeds)  
2 crushed cloves  
a knife-tip of saffron  
a knife-tip of ground lovage  
salt and ground pepper to taste  
a little lemon juice

**Directions:** Cut the duck into small pieces. Wash the vegetables and slice into thin strips. Peel and chop the onion finely and sauté in oil until translucent. Add the duck and the vegetables. Fry until the meat turns a light colour all over, stirring continuously.

Sprinkle in the herbs and pour in 1½ litres (53 fl. oz.) of water.

Bring to the boil, cover and cook on low heat until the meat is tender throughout. Strain and remove the bones from the meat. Slice the meat finely, and put it back into the stock. Stir approximately 100 ml (3½ fl. oz.) of the stock into the flour, then pour this mixture back into the stock while still on the heat. Add the lemon juice and the crushed garlic, then boil for 5 minutes while stirring.

■ **Tip:** It is even tastier if the flour is mixed with cream or sour cream.

*Easy to prepare.*

## Pork Spare Rib Soup

Serves eight:

1½ kg (3 lb. 5 oz.) pork spare rib  
400 g (15 oz.) mixed vegetables  
(carrots, kohlrabi, turnip, cabbage, mushrooms)  
1 slice of Savoy cabbage  
(1/5 or a 1/6 of the whole)  
2-3 mushrooms  
100 g (3½ oz.) angel hair pasta  
2 Tbs. horseradish sauce  
1 onion, ½ a tsp. ground nutmeg  
a small piece of lovage  
3 cardamom pods  
2 garlic cloves  
1 knife-tip of saffron  
salt and ground black pepper to taste

**Directions:** Wash the pork, and cut into eight pieces. Wash the vegetables and cut into thin strips. Put the spices into a tea infuser, so that they can be easily discarded after cooking. (Break open the cardamom pods like sunflower seeds, and just use the tiny black seeds.) Boil the pasta in salted water and strain.

Put the meat, the vegetables and the spices together into 2½ litres (88 fl. oz.) of cold water. Bring to the boil. Continue cooking on a very slow heat. When the meat is tender throughout, remove it from the stock, replacing it with the cooked angel hair pasta. Remove the bones from the meat, and serve separately with the horseradish sauce.

■ **Tip:** If the soup is just simmered, it will stay clear, without the need to skim off any froth.

*Original pork soup.*







## Lamb Soup with Tarragon

[photo]

Serves four:

500 g (18 oz.) lamb  
forequarter (or shoulder)  
500 g (18 oz.) mixed vegetables  
(carrots, kohlrabi, turnip  
celery root, green/bell pepper  
or red pepper)  
100 g (3½ oz.) peas  
100 g (3½ oz.) mushrooms  
200 ml (8 fl. oz.) sour cream  
1 bunch of fresh  
(or 1 Tbs. dried) tarragon  
1 small onion  
1 Tbs. flour  
1 Tbs. oil  
a pinch of sugar  
1 tsp. tarragon vinegar  
salt, ground pepper

**Directions:** Cut the meat (including the bone) into small pieces, chop the onion, and cut the vegetables into small strips. Finely slice the tarragon.

Heat the oil in a pan, add the cut-up meat, and fry until the meat is a light colour all over, stirring continuously. Then add the onion and fry for one more minute, then pour in 1 litre (35 fl. oz.) of water. Add the salt and pepper, bring to the boil, then cover and cook until almost tender throughout. Then add the vegetables, and continue cooking until done throughout. Stir together the sour cream, the flour, the vinegar and 100 ml (3½ fl. oz.) of water until the mixture is a smooth and creamy, then add the tarragon and slowly pour into the soup while it's still on the heat. While stirring, simmer for a little while longer, and flavour with a tiny amount of sugar when it has thickened out nicely.

■ **Tip:** The soup will be tastier if made with fresh tarragon.  
**Easy to prepare.**

## Pheasant Soup with Marjoram

Serves six:

1 male pheasant  
(it does not matter how old!)  
2 large carrots  
1 small onion  
200 ml (8 fl. oz.) sour cream  
50 g (1½ oz.) butter  
1 level Tbs. flour  
1 tsp. marjoram  
3 garlic cloves  
½ a tsp. ground black pepper  
salt to taste.

**Directions:** Carefully clean the pheasant, then remove the bones and any fat. Put the bones into a deep pot together with the washed, unpeeled whole onion. Salt, and pour in two and a half litres (88 fl. oz.) water. Cover and simmer for at least 2 hours. Meanwhile, wash the carrots and mince them together with the lean, raw pheasant. Heat the butter in a



pan, put in the minced meat and carrots and fry, stirring continuously. Peel and crush the garlic, add it to the pan, and continue frying for a few minutes. Then pour in just enough water to cover. Continue cooking until the minced meat is tender throughout.

Strain the pheasant bone stock through a fine-meshed strainer, return to the pot with the carrots and meat mixture, and simmer gently for at least another hour. Then season with the marjoram and ground pepper. If necessary, add a little more salt. Meanwhile, stir the flour and the sour cream together until smooth, and thicken the soup with them while still on the heat. Simmer for five minutes, stirring continuously. Serve with croutons fried in butter.

■ **Tip:** This is how to make a tasty, filling soup from the toughest, oldest of birds.

*Simple but very tasty.*

## Bean Soup with Knuckle of Ham

[photo]

**Serves four:**

1 kg (2 lb. 3 oz.) fresh unshelled beans

(or 400 g/15 oz. frozen shelled beans)

1 small smoked knuckle of ham

1 carrot • 1 turnip • 1 slice of celery root

1 small onion • 2 Tbs. oil • 1 Tbs. flour

100 ml (3½ fl. oz.) sour cream

a bunch of parsley • 3 garlic cloves

1 tsp. paprika • a little vinegar or lemon juice.

**Directions:** Cook the knuckle of ham the previous day in a good one litre (35 fl. oz.) of water until tender throughout. The next day strain the stock, remove the bones from the meat, remove the skin and fat, and cut the meat into slices. Wash the beans, put them into a deep pot, pour the ham stock over them, then add the finely chopped onion, the crushed garlic and the diced vegetables. Cover and cook until soft.

Meanwhile heat the oil, and lightly brown the flour, then take it off the heat. Stir in the paprika and half of the finely chopped parsley.

Immediately start adding, little by little, 200 ml (8 fl. oz.) cold water, then bring to the boil, stirring until smooth. Then strain this mixture into the bean soup, which you have brought to the boil. Stir continuously while boiling. Take a little of the soup and mix it with the sour cream until smooth. Add this creamy mixture back into the soup and bring to the boil for the last time. Add vinegar or lemon juice to flavour, and finally sprinkle in the remaining parsley.

■ **Tip:** If you buy freshly shelled beans in season, freeze them. Then you can make this soup any time of the year.

*A traditional Hungarian dish.*







## Mushroom and Lentil Soup

[photo]

Serves four:

200g (7 oz.) lentils • 200g (7 oz.) mushrooms

1 onion, 100 ml (3½ fl. oz.)

sour cream

2 Tbs. oil • salt • pepper

paprika to taste

**Directions:** On the previous evening check the lentils for any dirt, wash them and soak overnight in cold water. The next day cook slowly in 1 litre (35 fl. oz.) of clean water until soft. Meanwhile wash and slice the mushrooms and peel and finely chop the onion.

Blend the soft cooked lentils together with their juice to a purée in a blender. In a covered pan, sweat the mushrooms until soft in half the oil, salt and pepper. Then with the lid off, continue cooking until no water remains, only juice. Chop the onion

and sauté in the remaining oil, add the lentil purée and the mushrooms, then pour in enough water to make the contents of the pot reach 1 litre (35 fl. oz.). Season to taste, then finally simmer for one or two minutes with the sour cream.

■ **Tip:** You do not have to purée the cooked lentils if you chop the mushrooms into lentil-sized pieces.

*Absolutely delicious.*

## Cream of Paprika Soup with Dill

Serves four:

600 g (1 lb. 5 oz.) red peppers

1 small onion • 100 ml (3½ fl. oz.) yoghurt

3 chicken bouillon cubes

2 Tbs. oil, a small bunch of dill

1 tsp. paprika, salt and ground pepper to taste

a dash of pepper purée

(spicy if you like in which case chilli purée is also fine)

**Directions:** Wash, core and slice the red peppers. Finely chop the onion. Dissolve the bouillon cubes in 800 ml (28 fl. oz.) of water and bring to the boil.

Heat the oil and sauté the onion until wilted, then take off the heat, and stir in the paprika. Immediately pour in 1 Tbs. water and bring to the boil. Add the sliced peppers and sauté until they are translucent. Then blend everything (the stock and paprika purée together) to a purée in a blender. Finally simmer for one or two minutes. Serve topped off with one dessert-spoon of yoghurt, one of pepper, and plenty of chopped dill.

■ **Tip:** You can make this tasty "Hungarian-style" soup with a variety of green peppers. You can also spice it with crushed garlic.

*This attractive dish looks very well on a buffet table.*





## Potato Dumpling Soup

[photo]

Serves four:

500 g (18 oz.) potatoes

150 g (5 oz.) fine flour

1 medium-sized carrot

1 turnip

1 small onion

3 Tbs. oil

1 level Tbs. pepper purée

a bunch of parsley

2 garlic cloves

ground black pepper and salt to taste

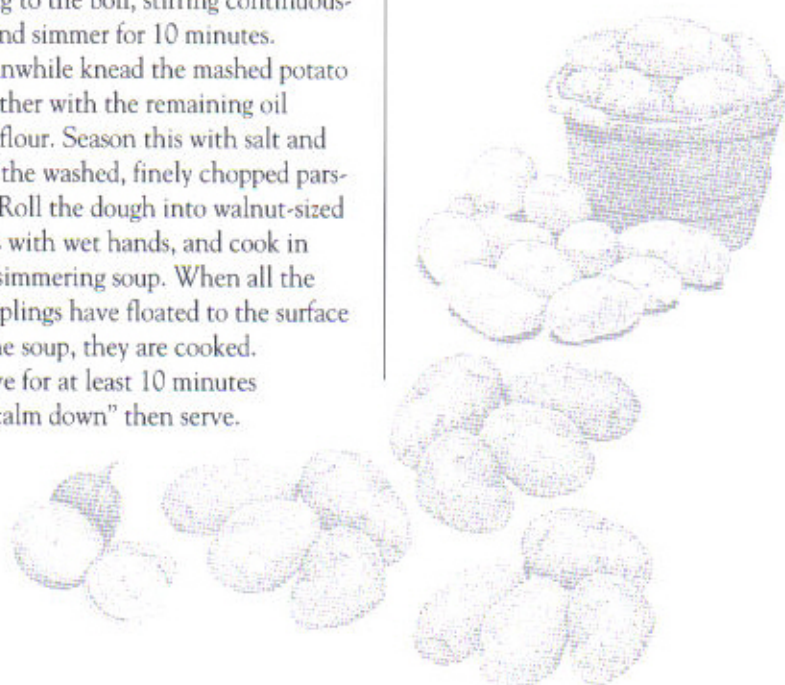
**Directions:** Peel and slice the onion finely. Heat 2 Tbs. of oil in a pan, then add two level Tbs. flour and lightly brown, stirring continuously. Take off the heat and stir in the onion and pepper purée. Immediately pour in 200 ml (8 fl. oz.) cold water and stir until the mixture is smooth and without lumps. Bring to the boil. Wash the vegetables and slice as circles. For the dumplings, boil the

potatoes in their skins, peel while still hot, and mash.

Return the soup pot to the heat, add the vegetables and season with pepper. Pour in 1 litre (35 fl. oz.) of water. Bring to the boil, stirring continuously, and simmer for 10 minutes. Meanwhile knead the mashed potato together with the remaining oil and flour. Season this with salt and half the washed, finely chopped parsley. Roll the dough into walnut-sized balls with wet hands, and cook in the simmering soup. When all the dumplings have floated to the surface of the soup, they are cooked. Leave for at least 10 minutes "to calm down" then serve.

■ **Tip:** According to old Hungarian custom this is made with smoked bacon. Try it some time, it's even tastier! 500 g (1 lb.) of bacon is enough.

*Inexpensive, substantial and filling.*





## Pea Soup

Serves four:

1 kg (2 lb. 3 oz.) fresh  
early green peas  
(weight when shelled  
approximately 350-400 g  
(12-15 oz.))  
1 litre (35 fl. oz.)  
meat or bone stock  
(or stock made from  
3 chicken bouillon cubes)  
200 ml (8 fl. oz.) milk  
1 carrot  
1 turnip, a bunch of parsley  
2 Tbs. oil  
1 Tbs. sugar  
1 Tbs. instant potato mix  
1 tsp. paprika  
½ a tsp. ground white pepper.

**Directions:** Wash the vegetables, cut into thin strips, and place into a small deep pot. Pour the meat stock over them, sprinkle in the ground white pepper and half the finely chopped parsley. Simmer for 10 minutes. Stir the milk and instant potato together until smooth.

While the stock is simmering, sweat the shelled peas in the oil in a covered pan until shrivelled. Then take off the heat and stir in the paprika. Pour the paprika and peas into the vegetable soup while still on the heat. Pour in the instant potato mix, and boil gently for 5 minutes, stirring continuously. Then sweeten with the sugar, finally sprinkling the remaining parsley on top.

■ **Tip:** Very good with frozen peas too. Put the still frozen peas straight into the oil.

*An inexpensive and very tasty dish.*

## Rabbit Ragout Soup

Serves four:

Forequarters of 1 rabbit or hare  
(together with the forelegs)  
200g (7 oz.) carrots • 100 g (3½ oz.) turnips  
1 small onion • 100 ml (3½ fl. oz.) sour cream  
1 lemon • 2 bay leaves  
1 bunch of fresh dill (or 1 Tbs. dried)  
2 Tbs. oil • 2 Tbs. flour • 1 Tbs. mustard • salt  
½ a tsp. spicy pepper purée  
or fresh hot pepper (or chilli)  
salt and ground pepper to taste

**Directions:** Wash the rabbit meat thoroughly—together with its innards—and cut into pieces, then place into a deep pot. Pour in enough cold water to cover by at least 10 cm (4 inches). Cover and simmer for half an hour, then add the onion, bay leaves, pepper and salt, and cook until tender throughout. Then strain and leave to cool. When cool, remove the bones and leave to one side.

Lightly brown the flour in the oil, then slowly pour in 200 ml (8 fl. oz.) of water and bring to the boil, stirring continuously. In other words prepare a *rántás*. Pour into the stock through a strainer, then return the meat to the pot. Bring to the boil. Stir the sour cream, mustard, ground pepper, spicy pepper purée and the finely chopped dill into 150 ml (5 fl. oz.) water. Slowly pour this sauce into the stock, and continue simmering for one or two minutes. Leave covered for a while before serving. Serve with lemon slices. You should prepare small dumplings beforehand to go into the soup. To make enough dumplings for 4 people use: 1 bread roll, 1 tablespoon of breadcrumbs, 1 egg, 1-2 dessertspoons flour, a little parsley, salt to taste. Cut the bread roll into cubes, soak in cold water, then squeeze out the water so that the bread has a doughy consistency. Add the beaten egg, salt, breadcrumbs and chopped parsley. Leave to stand for half an hour, then stir in the flour. Using wet hands, roll out small balls from the

doughy mixture and drop into a pan of boiling salted water. The dumplings will sink to the bottom, then rise to the top after a few minutes. After they have risen, continue cooking for a minute. Serve alongside the soup, so guests to help themselves.

■ **Tip:** These dumplings can be served with all types of meat dishes with sauce.

*A thrifty recipe.*

## Asparagus Soup

Serves four:

250 g (9 oz.) asparagus,  
300 ml (10½ fl. oz.) milk  
1 chicken bouillon cube • a bunch of parsley  
1 Tbs. corn flour/cornstarch  
1 tsp. sugar  
1 knife-tip of ground white pepper  
salt to taste.

**Directions:** Wash the asparagus and drain. Cut about 3 cm (1 inch) from the tips of the asparagus and leave to one side. Peel the rest of the asparagus starting from the base of the stalks, and chop finely. Put them in half a litre (18 fl. oz.) of water together with the peel (no, this is not a mistake!). Sprinkle in the sugar, pepper and salt, then boil for 20 minutes. Leave to cool for a little while, then purée in a blender. Strain the asparagus purée.

Pour the thick purée into the soup pot, then pour in half a litre (18 fl. oz.) of water, and add in the meat, bouillon cubes and the asparagus tips. Bring to the boil, and simmer for 10 minutes. Meanwhile, thicken the soup by stirring in the milk and the corn flour while the pot is still on the heat. Finally, sprinkle in the washed, finely chopped parsley.

■ **Tip:** If the asparagus is not completely fresh, blend everything to a purée and make a cream soup from it.  
*A tasty soup for special occasions that can be served in cups.*





## Fish Soup

[photo]

### Serves four:

500 g (18 oz.) fish heads

fins, tails, bones, etc.

or an equivalent amount of sprats

1½ kg (3 lb. 5 oz.)

filleted fish slices

(one approximately 2 kg/4½ lb. carp

should provide the right amount)

400 g (15 oz.) onions

3 green (bell) peppers

100 ml (3½ fl. oz.) dry red wine

1 Tbs. salt

1 Tbs. paprika

2 garlic cloves

1 tsp. oil.

**Directions:** Leave the fish roe to one side. To make the basis of the soup, put the fish pieces (or the sprats) into a large deep pot. Peel and slice the onion into rings. Sprinkle in the crushed garlic and half the paprika.

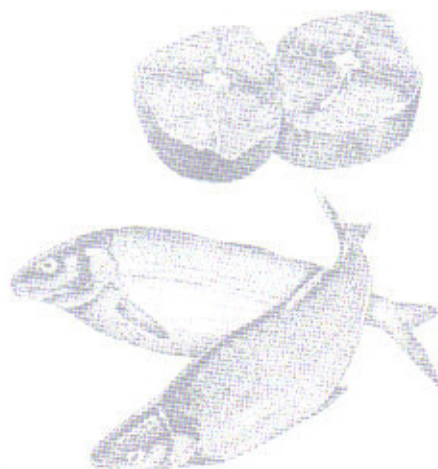
Pour in 2½ litres (88 fl. oz.) water, and season with salt. Bring to the boil, then simmer on a medium heat, uncovered, for at least 2 hours. Strain the soup through a fine-meshed strainer. Then press the cooked fish and spice mixture through a strainer. Core and slice the green pepper. Cut the filleted fish into slices, and season with salt on both sides.

Stir the thick fish purée into the fish soup, and then pour this into your serving dish. Pour in enough water to bring the soup up to 2 litres (70 fl. oz.). Then bring to the boil. While still on the heat carefully add the fish slices and innards to the soup, a little at a time, and simmer for a further 10 minutes on a medium heat. Meanwhile core and slice the green pepper and add it to the soup. Heat the oil in a small pan, then take it off the heat and stir in the remaining paprika, after which immediately pour the red wine over it and

continue simmering for one or two minutes. Pour this liquid into the fish soup. Do not stir it, just tilt the pan from side to side! Bring to the boil again, and serve piping hot.

■ **Tip:** For those who like it hot, stir some spicy pepper (or chilli) purée into your own portion.

*An original, traditional Hungarian dish.*





## Paprika Carp

Serves four:

700-800 g (1½-1½ lb.)

sliced filleted carp

1 onion

2 green (bell) peppers

1 tomato

100 ml (3½ fl. oz.) sour cream

1 Tbs. flour

1 Tbs. oil

1 Tbs. paprika

1 fish bouillon cube

salt to taste

**Directions:** Cut the filleted fish evenly into wide strips. Season with salt, then coat both sides in flour. Peel and finely chop the onion, slice the green pepper and tomato. Dissolve the fish bouillon cube in 50 ml (1½ fl. oz.) of water, and stir in the sour cream and the remaining flour until smooth.

Sauté the onion in the oil until wilted. Take the pan off the heat, and stir in the paprika. Pour in 1 Tbs. water, then return to the heat and bring to the boil. Then add the fish slices a little at a time, browning them on both sides. Add the green pepper and tomato. Pour in a glass of water, cover and cook on a low heat for 25 minutes. Carefully remove the fish slices from the stock with a spatula, and keep warm. Tip the flour and sour cream into the stock. Bring this to the boil while stirring. Finally, add back the fish slices, and bring to the boil once again.

■ **Tip:** Serve with "little dumplings" (*galuska*). Best with dry white wine or rosé.

*A typical Hungarian dish.*

## Fillet of Pikeperch with Mushroom and Dill

Serves four:

500 g (18 oz.) pikeperch fillet

(about 4 slices)

150 g (5 oz.) mushrooms

1 onion

200 ml (8 fl. oz.) cream

3 Tbs. flour

2 Tbs. oil, a small bunch of dill

the juice of half a lemon

salt and ground pepper to taste

**Directions:** Season the fish slices with salt and drizzle the lemon juice over them. Chop the onion finely. Wash and slice the mushrooms. Wash the dill, drain it and chop.

Sauté the onion in 1 Tbs. oil until wilted, then add the sliced mushrooms. Season with salt and pepper, cover and sweat until soft. Then with the lid off, continue cooking until only the juices remain, with no extra water. Coat the lemon-salted fish slices with flour on both sides, while they are still moist. Heat the rest of the oil in a large frying pan and sauté on both sides. Pour the cream over them, add the sweated mushrooms, sprinkle in the dill, then cover and cook for a few minutes on a low heat.

■ **Tip:** You can make this with filleted and slitted slices of carp, too.

*An old Hungarian dish.*



## Carp "Rác" Style

[photo]

Serves four:

800 g (1½ lb.) sliced filleted carp

(or at least 1½ kg/3 lb.)

5 oz of fish filleted at home)

800 g (1½ lb.) potatoes

(cooked before peeling)

300 ml (10½ fl. oz.) sour cream

100 g (3½ oz.) smoked bacon

3 green (bell) peppers

1 large onion • 2 tomatoes

2 Tbs. flour • 1 tsp. paprika

½ a tsp. flour

½ a tsp. ground white pepper

salt to taste.

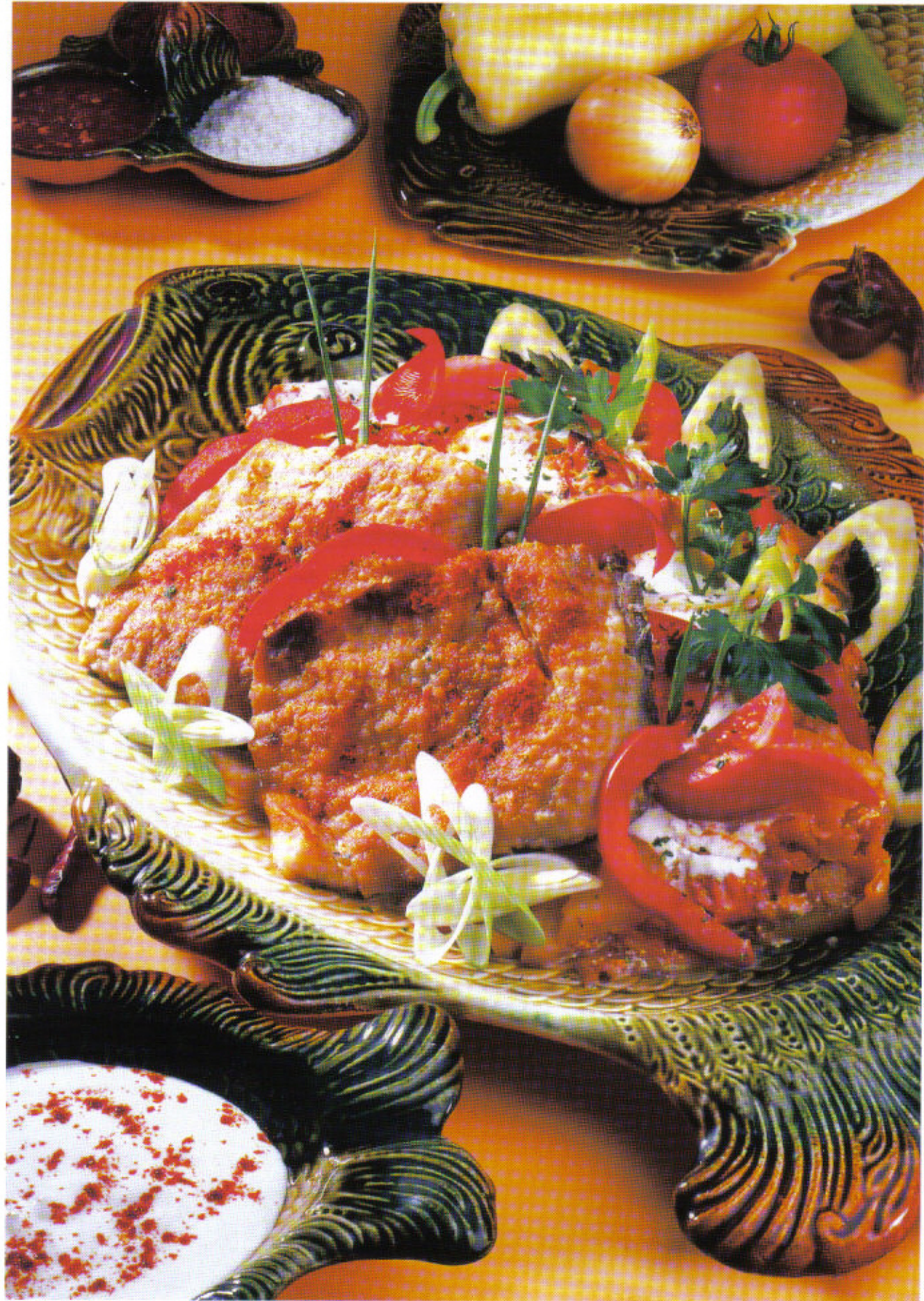
**Directions:** Cut the smoked bacon into long thin strips. Fry half of it in a small frying pan, then use the bacon fat to grease an ovenproof dish or baking tray. To this add the previously cooked potato, sliced into circles. Season with salt, and scatter on the crisped bacon pieces. Slit the surface of the fish slices (incise the skin, with the slits placed very close together), season with salt, and coat with flour on both sides. Cut the onion into rings, slice the green pepper, and cut the tomato into circles. Stir the flour into the sour cream.

Lay the fish slices in a line on the potato. Press the rest of the raw smoked bacon strips onto the fish. Cover the fish with finely chopped onion and slices of green pepper. Season with salt, then layer the tomato circles. Sprinkle on the paprika. Pour the flour-sour cream mixture on top. Pre-heat the oven to a medium heat, and bake uncovered until the top is nicely browned.

■ **Tip:** You can use uncooked potato, in which case you should cover the baking tray, and heat for at least 50 minutes in the oven on a medium heat, before uncovering the dish to brown the top.

*One of the most famous Hungarian dishes.*

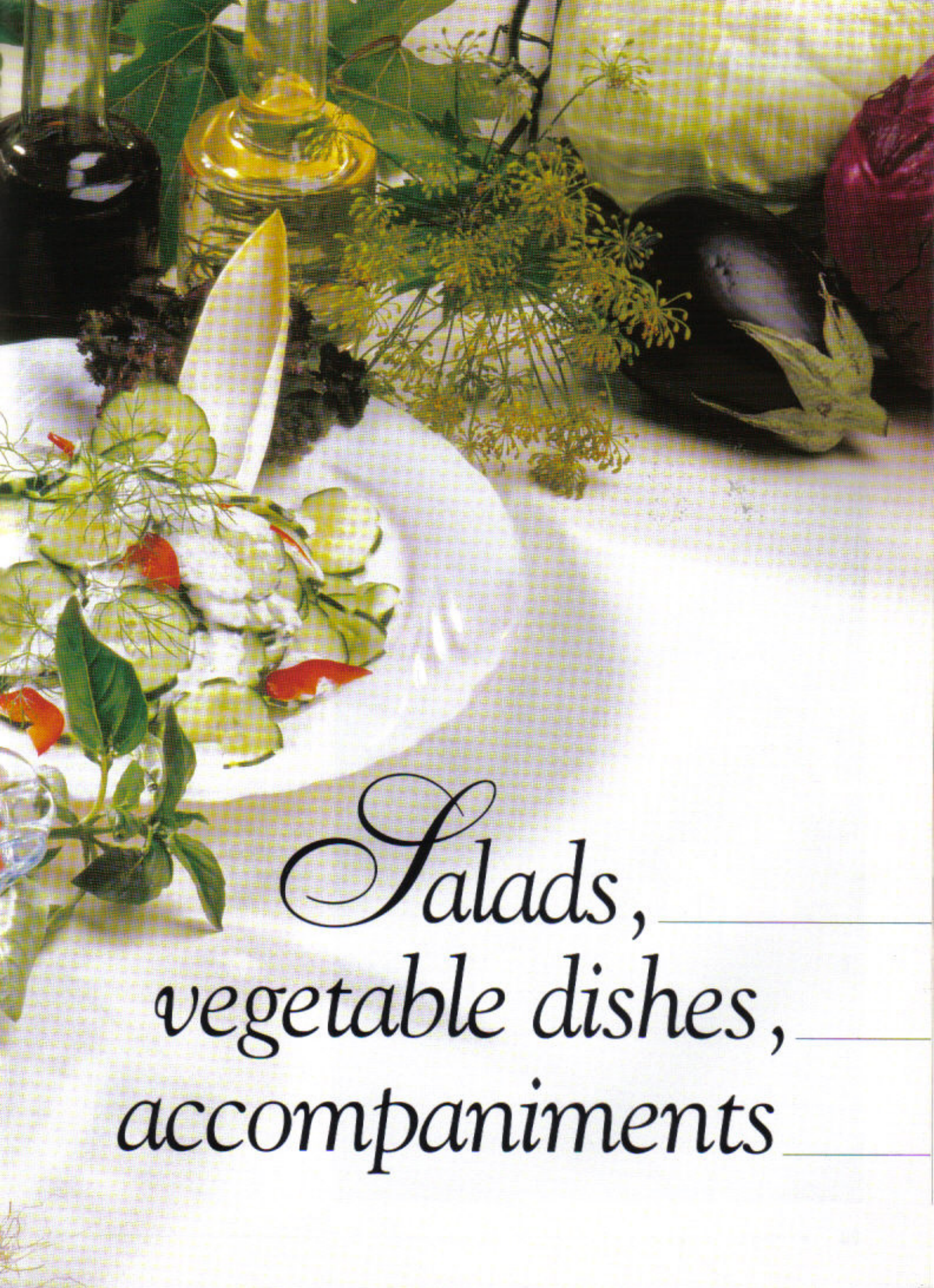












*Salads,* \_\_\_\_\_  
*vegetable dishes,* \_\_\_\_\_  
*accompagniments* \_\_\_\_\_





## Apple, Beetroot and Horseradish Salad

[photo]

Serves four:

600 g (1 lb. 5oz.) beetroots

2 large

slightly sour apples

2 Tbs. freshly grated horseradish

1 garlic clove

vinegar

salt

sugar to taste

a knife-tip of ground caraway seeds

**Directions:** Steam the beetroot in a pressure cooker until soft, then peel while still hot, and grate roughly. Wash, core and grate the unpeeled apple.

For the salad dressing mix the vinegar, salt and sugar into a good 100 ml (3½ fl. oz.) water, add the caraway seeds and the crushed garlic and finally the grated horseradish. Pour the salad dressing over the apple and beetroot, stir well, and refrigerate for at least twenty-four hours, until the flavours have combined with each other. It is worth making a large amount, because it will keep well in the refrigerator in sealed containers.

■ **Tip:** This basic beetroot salad can be served in a variety of ways. It's very tasty mixed with mayonnaise, kefir or thinned yoghurt and walnuts.

*A typical relish.*





## Onion and Potato Salad

[photo]

Serves four:

750 g (1 lb. 10½ oz.)

cooked unpeeled potatoes

2 large red (Italian) onions

4 Tbs. oil

vinegar

salt

sugar to taste

a heaped half tsp. ground black pepper

½ a tsp. coriander

½ a tsp. mustard seeds

**Directions:** Put all the spices except the pepper into a good half litre (18 fl. oz.) of water with the vinegar, salt and sugar, and boil for a few minutes. Then peel the red onion and cut into thin rings. Add the onion rings to the stock. Peel the cooked potatoes and cut into circles.

Simmer the vinegar and onion stock for a further three minutes, then turn off the heat and add the potato circles. Leave to cool. Then strain, place in a salad bowl, carefully stir in the oil, and sprinkle with pepper. Seal it and chill it well in the refrigerator.

■ **Tip:** You can mix sour cream, cheese or cottage cheese with the strained potato salad, and it will make a fine evening meal

*Traditional Hungarian salad.*







## Cheese and Cucumber Salad

Serves four:

4 cucumbers

(approximately 800 g/1½ lb.)

1 red (Italian) onion

100 ml (3½ fl. oz.) yoghurt

500 g (1 lb.) sheep cheese

2 garlic cloves

vinegar

sugar

salt to taste

**Directions:** Wash the cucumber, but do not peel. Peel the onion, cut into evenly sized cubes. Repeat this with the cheese. Lightly season the cucumber and the onion with salt. (Do not use too much salt!)

Leave the cucumber, onion and cheese to stand for half an hour in a bowl. Mix a little vinegar, the crushed garlic, and the sugar into a dressing (maximum 100 ml/3½ fl. oz.) and pour

over the cucumber mix. Leave to "ripen" in the refrigerator for 1 or 2 hours, well covered to keep in the flavours. Stir well, then divide into servings topped off with yoghurt. Serve immediately.

■ **Tip:** For those with sensitive stomachs, peel the cucumber, remove the seeds, shred and boil. (Unfortunately you will lose most of the vitamin content this way.)

*Quick and simple.*

## Onion and Cucumber Salad [photo]

Serves four:

4 cucumbers

(approximately 800 g/1½ lb.)

200 ml (8 fl. oz.) sour cream

1 bunch of spring (green) onions

2 garlic cloves • vinegar • sugar

salt to taste • ½ a tsp. paprika

1 knife-tip of ground black pepper

**Directions:** Wash the unpeeled cucumber, and shred (or use a grater with large holes). Season with salt (not too much!). Wash the spring onions and cut into rings and salt them as well. Leave to stand in a bowl for half an hour, then pour on dressing (not more than 200 ml/8 fl. oz.) flavoured with a little vinegar and sugar, and stir in the peeled, crushed garlic. Leave to "ripen" in the refrigerator for 1 or 2 hours, well covered to keep in the flavours. Stir well, then divide into servings topped off with sour cream. Sprinkle on a little paprika and black pepper. Serve immediately.

■ **Tip:** You can use kefir or thinned yoghurt instead of sour cream if you are on a diet.

*Quick to prepare.*





## Tomato and Garlic Salad [photo]

Serves four:

800 g (1½ lb.) small

firm tomatoes

3 Tbs. oil

50 ml (1½ fl. oz.) vinegar

2 garlic cloves

1 bunch of chives

a quarter tsp. ground black pepper

salt to taste

**Directions:** Wash and wipe the tomatoes and cut into ½ cm (¼ inch) thick circles, then place in a salad bowl.

Stir the vinegar, oil, salt, sugar and the peeled, crushed garlic together, then pour over the tomato. Mix together, being careful not to break up the tomato. Sprinkle in the pepper then the finely sliced chives. Serve well chilled.

■ **Tip:** You can put rosemary and basil into the vinegar, and if you sprinkle in fresh parsley instead of chives the flavour will be totally different.

*Can be prepared in moments.*

## Dill Pattypan Salad

Serves four:

1 kg (2 lb. 3 oz.) young

small pattypan marrows (squash)

1 bunch of fresh dill

a few well-formed lettuce leaves

salt

sugar

apple cider vinegar to taste

**Directions:** Peel the pattypan and slice with a vegetable slicer, then season with salt (not too much!). If the pattypan are really small, just wash them, it's not necessary to peel or de-seed them.

Leave to stand for half an hour, and meanwhile prepare the salad dressing. Squeeze the juice from the salted pattypan. Stir the apple cider vinegar, sugar and the washed, very finely chopped dill into the pattypan juice with 100 ml (3½ fl. oz.) of water. Turn the pattypan in this dressing. Chill and serve with the lettuce leaves. Sprinkle some more fresh chopped dill on top.

■ **Tip:** You can pickle pattypan like gherkins. This makes old, large pattypan useable later on.

*Can be prepared in minutes.*





## Grape and Cabbage Salad

[photo]

Serves four:

600-700 g (1½ lb.) white cabbage

1 large bunch

(approximately 250 g (9 oz.))

of white grapes

1 large red (Italian) onion

50 ml (1½ fl. oz.) apple or wine vinegar

3 Tbs. salad oil

1 tsp. sugar

1 tsp. salt

½ a tsp. pepper

½ a tsp. caraway seeds

**Directions:** Discard the outer, dried cabbage leaves, cut off the stalk and grate it. Either grate the cabbage, or slice very finely. Place in a bowl with the grated stalk. Peel and cut the red onion into rings, pull them apart and add to the bowl. Season with salt, mix together, and leave to stand for at least half an hour. Meanwhile pull the grapes from the stalk, wash and drain them.

For the salad dressing, mix the vinegar with 150 ml (5 fl. oz.) water, then dissolve in the sugar. Stir in the pepper, the oil and the caraway seeds. Pour the oil, vinegar and spice mixture over the salted onion and cabbage, add the grapes, and toss. Leave covered for a few hours in the refrigerator.

■ **Tip:** Best with seedless grapes, but you can also cut open and seed larger grapes.

*An extremely tasty salad.*



## Yellow, Red and Green Pepper Salad

[photo]

Serves four:

1 kg (2 lb. 3 oz.) yellow

red and green (bell) peppers

(the more variety, the better)

the juice of half a lemon

1 onion

2 garlic cloves

a bunch of parsley

salt

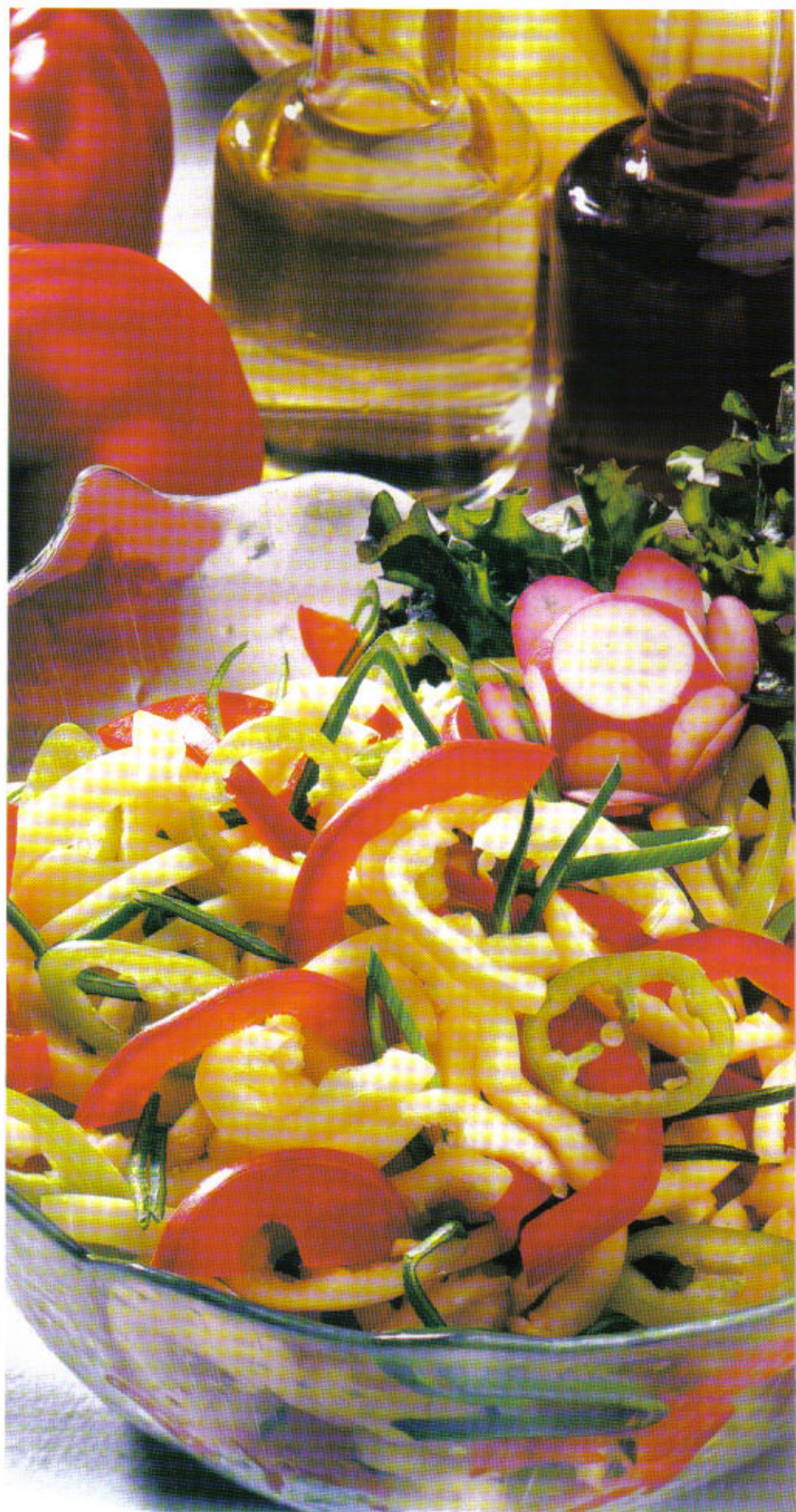
sugar and ground

white pepper to taste

**Directions:** Wash and core the peppers then cut them into strips with a slicer (or by hand). Season with salt and leave to stand for one hour. Meanwhile stir the crushed garlic with the finely chopped parsley, a little sugar and the ground pepper in with the lemon juice. Pour this over the peppers, and stir well. Cover and place in the refrigerator for a few hours.

■ **Tip:** If you mix kefir or thinned yoghurt and grated Roquefort cheese in with the peppers, you will have a tasty and vitamin-rich salad for the dinner table.

*Simple to prepare.*





## Mushroom Letcho

[photo]

Serves four:

500 g (18 oz.) mushrooms

(a mixture of chanterelle

cultivated white and portabella)

4 large green (bell) peppers

2 large onions

2 firm tomatoes

500 g (1 lb.) smoked bacon

a bunch of parsley

2 garlic cloves

1 level Tbs. paprika

a knife-tip of ground black pepper

salt to taste

**Directions:** Wash the vegetables and drain. Sharpen the mushroom stalks—as if they were pencils—and slice. Cut the green pepper into rings, divide each tomato into eight pieces, then chop the onion finely. Peel the garlic and crush. Slice the smoked bacon into small cubes.

Melt the bacon fat on a low heat, stirring continuously. Add the onion, season with salt, then cover and cook until translucent. Add the sliced mushroom, and stir well. Cover again, and sweat until the mushroom juices are released. Then with the lid off, continue cooking until no water remains, only the juices. Then take off the heat, stir in the paprika and the garlic. Add the pepper rings and season with black pepper. Cover, and cook for a further 10 minutes, stirring occasionally. Then add the tomato and the finely chopped parsley. Cook slowly until the tomatoes are just soft, but still solid.

■ **Tip:** Very good with any kind of mushrooms, but tastiest with wild mushrooms. Good accompanied with salted potato.

*A typical Hungarian dish.*

## Mushrooms in Game Sauce

Serves four:

600 g (1 lb. 5oz.) cultivated white mushrooms

200 ml (8 fl. oz.) sour cream

1 carrot • 1 turnip

1 large onion

500 g (1 lb.) smoked bacon

1 lemon • 1 Tbs. sugar • 1 Tbs. dried

salted vegetable powder

1 Tbs. mustard • 1 Tbs. flour

1 bay leaf • 2 garlic cloves

1/2 a tsp. ground black pepper

salt to taste

**Directions:** Clean the mushrooms and cut into thick slices. Chop the onion. Peel and wash the carrot and turnip, and grate finely. Cut the bacon into small cubes, and heat in a pan to melt the fat. Put the onion and vegetables into the pan and fry, stirring continuously, until the onion is translucent. Stir the flour, the mustard and sour cream together with a little water until







smooth. Brown the sugar in a small frying pan without oil, then add 100 ml (3½ fl. oz.) of water. Simmer until the sugar has dissolved completely.

Add the sliced mushrooms to the vegetables and onion, sprinkle in the dried vegetable powder and the pepper, add the bay leaf, then cover and sweat on a low heat until soft. Then with the lid off, continue cooking until no water remains, only the juices. Then add the crushed garlic, pour in the mustard, flour and sour cream mixture, and stir the sauce until smooth. Finally tip in the burnt sugar and the lemon juice. If necessary, season with salt, and bring to the boil once more.

■ **Tip:** Bread or potato dumplings are a suitable accompaniment. If the mushroom heads are small and uniformly sized, they don't need to be cut up.

*Inexpensive and very tasty.*

## Stuffed Breaded Mushroom Caps [photo]

**Serves four:**

16 uniformly-sized mushrooms

together with their stalks

1 egg

1 Tbs. Liptauer cheese (or feta)

1 Tbs. instant potato flakes

1 Tbs. oil

1 small (walnut-sized) onion

½ a tsp. salt

½ a tsp. ground pepper

**For the batter:**

flour

egg

breadcrumbs

oil to fry in

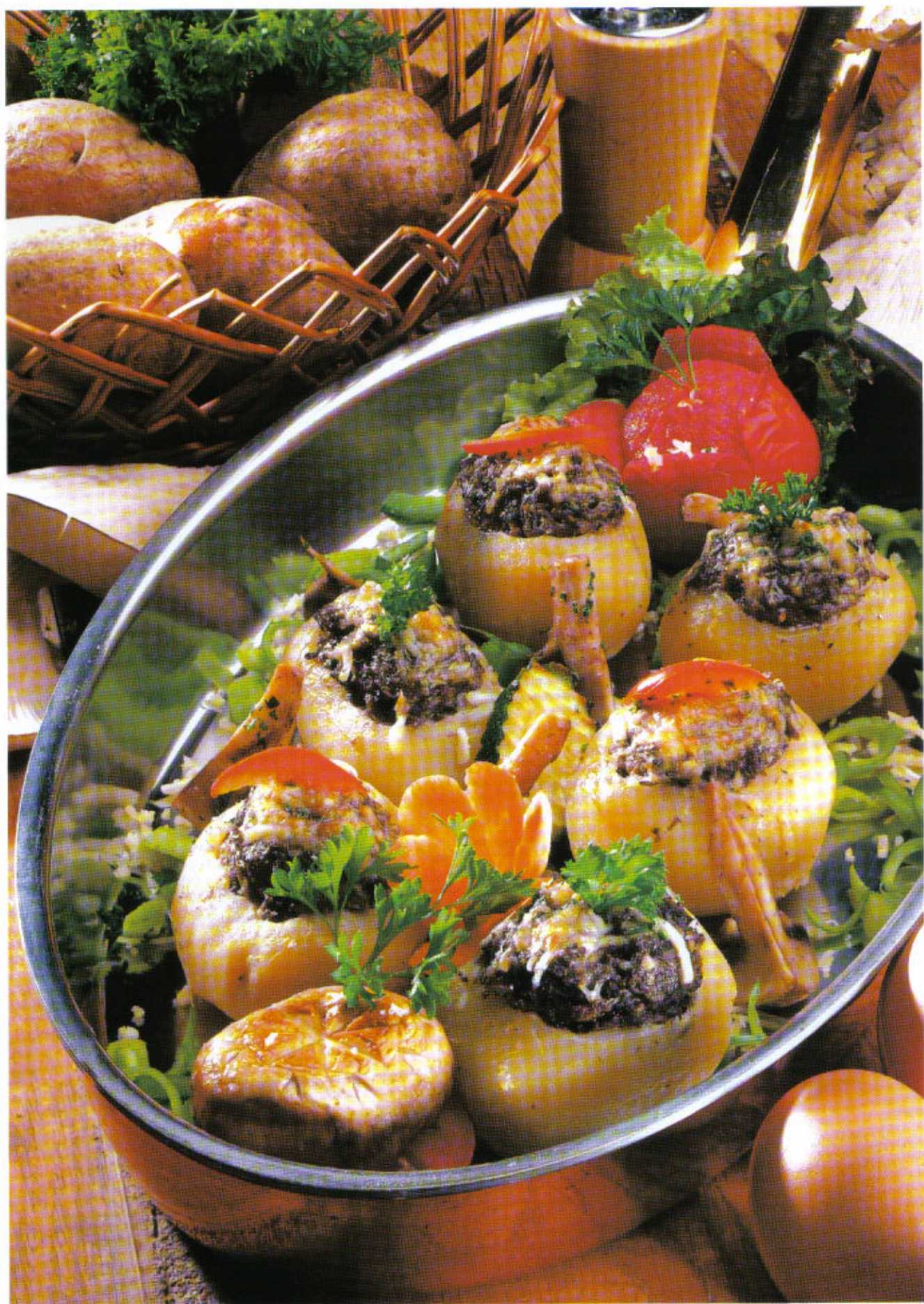
**Directions:** Clean the mushrooms, then cut out the stalks so that you form a hollow in the cap which can be filled. Clean the stalks, starting from the bases and chop finely. Peel the onion and chop finely. Beat the egg.

Heat the oil and sauté the onion until wilted, season with salt, and add the chopped mushroom stalks. Stir well. Cover and sweat until soft, stirring often. Then with the lid off, continue cooking until no water remains, only the juices. Take off the heat and leave to cool a little. Stir the beaten egg, instant potato, Liptauer cheese, salt and pepper into the warm mushroom purée. Leave for 10 minutes, then fill the mushroom heads with the mushroom purée. Then seal them all up into parcels with cooking needles, yielding 8 nice, large stuffed mushrooms. Turn them in a batter made of flour, beaten egg and breadcrumbs, and finally brown them nicely in plenty of hot oil on a low heat. Serve with tartare sauce and fried potatoes.

■ **Tip:** These stuffed mushrooms are also delicious filled with ham cream or cheese cream.

*Inexpensive and very tasty.*







## Stuffed Potatoes

[photo]

Serves four:

8 good, large, uniformly-sized potatoes

200 g (7 oz.) cooked smoked

spare rib of pork (or ham)

100 g (3½ oz.) mushrooms

200 ml (8 fl. oz.) sour cream

4 Tbs. oil • 1 egg • 1 Tbs. breadcrumbs

1 tsp. salt • 1 tsp. mustard

½ a tsp. ground pepper

1 knife-tip of ground allspice

(Jamaica pepper)

1 knife-tip of mixed pâté spices

**Directions:** Wash the potatoes, and boil in lightly salted water until soft. Peel while still hot. Cut each in half crosswise, and cut a very thin slice from the base of each (so that they can stand on a flat surface). Scoop out the centres, so that the “walls” of the potatoes are at least 1 cm (½ inch) thick. Spread a little oil on a baking tray or ovenproof dish, and put in the hollowed-out potato halves side by side.

For the filling, either chop very finely or mince the ham and the clean mushrooms, and stir together with the beaten egg, the pieces from the hollowed-out potatoes, the breadcrumbs, the mustard and other spices. Season with a little salt (but be careful, the smoked pork is already salted!), and fill the potatoes with the mixture, heaping in above the top edges. Pour the sour cream on top, and put the baking tray into a pre-heated oven. Cook on a medium heat until the top is nice and brown and crispy.

■ **Tip:** This is delicious with piquant plum preserve. There is no end to the different types of stuffed potato; you can fill them with cheese, liver, fish, or vegetables. They are almost always topped off with grated cheese and very thin slices of smoked bacon.

*Easily prepared.*

## Paprika Mushrooms

Serves four:

600 g (1 lb. 5oz.)

fresh common mushrooms

2 onions

200 ml (8 fl. oz.) sour cream

500 g (1 lb.) smoked bacon

1 green (bell) pepper

1 tomato

1 Tbs. paprika

1 tsp. flour

salt and ground pepper to taste

**Directions:** Wash the mushrooms and drain well. Cut into thick slices. Peel the onion, chop finely, wash the green pepper and slice the tomato. Dice the smoked bacon finely. Stir the sour cream, flour and 50 ml (1½ fl. oz.) of water together until smooth.

Put the diced bacon into a pan, and heat to melt the fat, stirring continuously. Add the onion, and fry until it's translucent. Take off the heat, stir in the paprika, and immediately pour in 1 Tbs. water. Season with salt and pepper, bring to the boil, then add the mushrooms. Cook on a high heat for one to two minutes, then add the green pepper. Cover and cook on a low heat for 10 minutes. Then add in the sliced tomato. After another few minutes, slowly pour in the flour and sour cream mixture, stir in well and bring to the boil.

■ **Tip:** Best with “little dumplings” (*galuska*) or salted potatoes and dry white wine.

*A traditional Hungarian dish.*



## Cottage Cheese Potato Casserole

Serves four:

1kg (2 lb. 3 oz.) unpeeled cooked potato

250 g (9 oz.) low-fat cottage cheese

4 eggs

300 ml (10½ fl. oz.) sour cream

2 bunches of fresh dill

1 Tbs. dried

salted vegetable seasoning

20 g (½ oz.) butter (or margarine)

½ a tsp. ground white pepper

**Directions:** Hard-boil the egg. Peel the cooked potato and cut into circles together with the egg. Break up the cottage cheese with a fork. Wash the dill, drain and chop.

Spread out the potato slices on the base of a baking tray or ovenproof dish which is large enough to take them all side by side, then put the sliced egg on top of them. Stir the cottage cheese, sour cream, vegetable powder, pepper, dill and melted butter together. Spread this mixture thickly over the egg and potato, and place uncovered in a hot oven. Bake until the top starts to brown. Sprinkle on a little fresh dill when on the serving plates.

■ **Tip:** There are as many different varieties of layered potato as your imagination allows. The layers can include meat, vegetables and countless other ingredients, but the topping is always of sour cream (mixed with cheese or egg).

*An inexpensive, very popular, everyday dish.*



## Paprika Potato Casserole

Serves four:

1 kg (2 lb. 3 oz.) uncooked potatoes  
1 heaped tsp. paprika  
2 green (bell) peppers  
1 tomato  
300 ml (10½ fl. oz.) sour cream  
4 Tbs. oil  
1 large onion  
1 tsp. salt

**Directions:** Soak a clay casserole dish (crock pot) for half an hour in clean cold water. Meanwhile peel and quarter the potatoes. Wash, core and slice the green peppers, wash and chop the tomato, peel the onion and cut into rings.

Rinse out the casserole dish and spread the potato out evenly on its base. Season generously with salt, then layer the ingredients in the following order: onion rings, sliced green peppers, sour cream mixed with paprika and salt, and finally tomato. Pour the oil on top, put the lid on the casserole and place in a cold oven. At this point light the oven and cook on a low heat for 15 minutes. After that gradually turn up the heat to medium. Cook for another 1½ hours, and finally brown well with the lid off.

■ **Tip:** If you do not have a casserole dish you can use an ovenproof dish or baking tray, in which case you should cover it and put it straight into a pre-heated, hot oven. Cut the cooking time in half.

*Original old Hungarian dish.*

## Ham and Cauliflower

Serves four:

700 g (1½ lb.) cauliflower without the stalk,  
200g (7 oz.) cooked smoked ham  
100 g (3½ oz.) grated cheese  
(the more kinds, the better)  
200 ml (8 fl. oz.) milk  
200 ml (8 fl. oz.) sour cream  
2 Tbs. flour, 20 g (½ oz.) butter or margarine  
a bunch of parsley  
1 tsp. salt, ½ a tsp. ground white pepper  
a knife-tip of ground juniper berry

**Directions:** Clean the cauliflower and break into florets, wash thoroughly, then drain. Spread evenly in a grill pan. Season with salt, and carefully pour in 3 Tbs. water around the edges. Cover the pan with aluminium foil so that it's airtight, then cook for 20 minutes under a pre-heated grill.

Meanwhile heat the butter with the flour until it froths, pour the hot milk into it, and heat through until thick, stirring continuously. Then sprinkle in the spices, pour on the sour cream, and bring to the boil for just a moment. Pour the white sauce over the tender cauliflower, sprinkle the very finely chopped ham, and the grated cheese on top. Put back in the hot oven for just enough time to melt the cheese topping.

■ **Tip:** The top of the cauliflower will brown very quickly because of the cheese, so don't leave unattended!

*Inexpensive and simple.*



## Stuffed Kohlrabi

[photo]

Serves four:

4 kohlrabis (turnip cabbages)  
250 g (9 oz.) minced meat (any type)  
200 ml (8 fl. oz.) milk  
2 Tbs. breadcrumbs  
2 Tbs. oil  
1 Tbs. flour  
1 egg  
2 chicken bouillon cubes  
a bunch of parsley  
salt and ground white pepper to taste

**Directions:** Clean the kohlrabi and cut the young, green leaves into thin strips. Hollow out each kohlrabi so that they can be filled, but do not puncture. Chop the scooped out part finely. Stir together the raw minced meat, breadcrumbs, beaten egg, salt, pepper and half the finely chopped parsley. Stir the milk into the flour until smooth.

Fill the hollowed out kohlrabis with the meat stuffing, and place in a pan. Pour in enough water to cover, add the bits scooped from the kohlrabi, the bouillon cubes, pepper and the kohlrabi leaves. Cover and cook on a low heat until tender throughout. Pour in the flour and milk mixture, bring to the boil and then simmer gently on a low flame for a short while. Stir carefully, so that the kohlrabi does not fall to pieces. When serving sprinkle with the remaining parsley.

■ **Tip:** Kohlrabi is also often stuffed with mushrooms and rice, cheese and meat or ham.

*Quick and simple.*







## Grandmother's Runner Bean Sauce

Serves four:

1 kg (2 lb. 3 oz.) runner beans (string beans)  
200 ml (8 fl. oz.) sour cream  
3 Tbs. oil  
2 Tbs. flour  
1 Tbs. apricot jam (not a mistake!)  
a bunch of parsley  
4 garlic cloves  
salt to taste

**Directions:** Peel the runner beans and cut into 3 cm (1 inch) pieces. Wash and strain well to dry. Wash and chop the parsley, peel and crush the garlic. Stir the sour cream, apricot jam and flour together with 100 ml (3½ fl. oz.) of water until smooth.

Heat the oil and add the runner beans. Fry them for a few minutes, stirring continuously. Then sprinkle in half the washed, finely chopped parsley, season with salt, and pour in just enough water to cover. Add the crushed garlic, then cover and cook until soft. Then thicken the vegetable sauce with the flour and sour cream mixture. Bring to the boil, stirring continuously, and finally sprinkle on the remaining parsley. Very pleasant, apricot flavoured vegetable sauce, good hot or cold.

■ **Tip:** The traditional recipe uses yellow runner beans, but Chinese asparagus beans are good too, and they soften quicker.

*A traditional Hungarian dish.*



## Stuffed Paprika

Serves four:

8 large green (bell) peppers  
250 g (9 oz.) lean pork mince  
half a litre (18 fl. oz.) tomato juice  
200 ml (8 fl. oz.) sour cream  
400 g (14 oz.) rice  
1 egg  
1 small onion  
1 heaped Tbs. flour  
½ a tsp. ground black pepper  
1 garlic clove  
salt and ground pepper to taste

**Directions:** Stir the minced meat together with the beaten egg, salt, pepper and finely chopped onion. Wash the rice and add to 300 ml (10½ fl. oz.) water. Cover and cook on a low heat until the juices have boiled away. Then add to the minced meat mixture. Wash and core the peppers and discard the membranes, but be careful not to damage the peppers. Stir the flour and sour cream in with 50 ml (1½ fl. oz.) of water until smooth.

Fill the peppers with the meat mixture. Stir the tomato juice together with 200 ml (8 fl. oz.) of water, the crushed garlic, salt and pepper. Add to a pan large enough to accommodate the peppers comfortably, and bring to the boil. Then put in the stuffed peppers, cover and cook on a low heat for at least 30 minutes. Finally pour in the flour and sour cream mixture, and simmer for a little while longer. Do not stir, but you can tilt the pan from side to side occasionally, to prevent burning.

■ **Tip:** You can make this in the oven too, in which case mix the flour and sour cream into the tomato juice, pour over the peppers, and cover the baking tray, ovenproof dish or pan.

*Stuffed peppers are a traditional Hungarian dish.*

## Mushrooms and Rice

[photo]

Serves four:

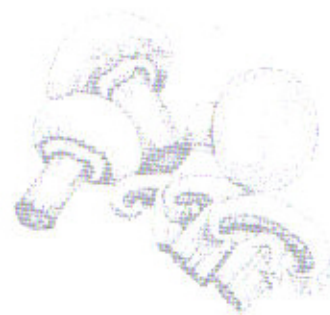
400 g (15 oz.) cultivated white mushrooms  
250 g (9 oz.) rice  
1 onion  
2 Tbs. oil  
a bunch of parsley  
2 garlic cloves  
salt and ground black pepper to taste  
plus 1 red pepper for garnish

**Directions:** Peel and chop the onion, and lightly brown in 1 Tbs. oil, then add the cleaned, sliced mushrooms. Season with salt, sprinkle in the ground pepper, stir in the crushed garlic and the finely chopped parsley. Cover and sweat in their own juices until soft. Then with the lid off, continue cooking until no water remains, only the juices. Slice the red pepper.

While the mushrooms are sweating, wash the rice several times in water. Drain and fry in the remaining oil until translucent. Then add sufficient water to the mushrooms to double the volume. Bring to the boil, and put in a pre-heated oven. Cover, and simmer until the rice has absorbed all the liquid. Carefully turn with a fork before serving, and if necessary season with salt. Decorate tastefully with the red pepper.

■ **Tip:** Delicious with assorted wild mushrooms too, and gourmets can mix in sweet corn.

*Simple and quick to prepare.*









## Cauliflower Breadcrumbs with Sour Cream

[photo]

**Serves four:**

1 cauliflower approximately 750 g (1 lb. 10½ oz.)

200 ml (8 fl. oz.) sour cream • 1 tsp. salt

80 g (3 oz.) breadcrumbs • 50 g (1½ oz.) butter

**Directions:** Clean the cauliflower and break into uniformly small florets. Place side by side in a baking tray or oven-proof dish. Season generously with salt.

Heat the butter, sprinkle in the breadcrumbs. Fry just until they stick together in one mass, but have not started to brown. Spread the butter and breadcrumbs over the cauliflower, and pour on the salted sour cream. Seal the baking tray with aluminium foil, and cook in a pre-heated oven for 20 minutes. Finally take off the foil and brown the top a little.

■ **Tip:** Good with all kinds of fried meat (without gravy or sauce) or grilled chicken, and you can make it just as well with broccoli or with runner (string) beans.

*Quickly prepared.*

## Mashed Potato with Onion

**Serves four:**

750 g (1 lb. 10½ oz.) peeled washed potatoes

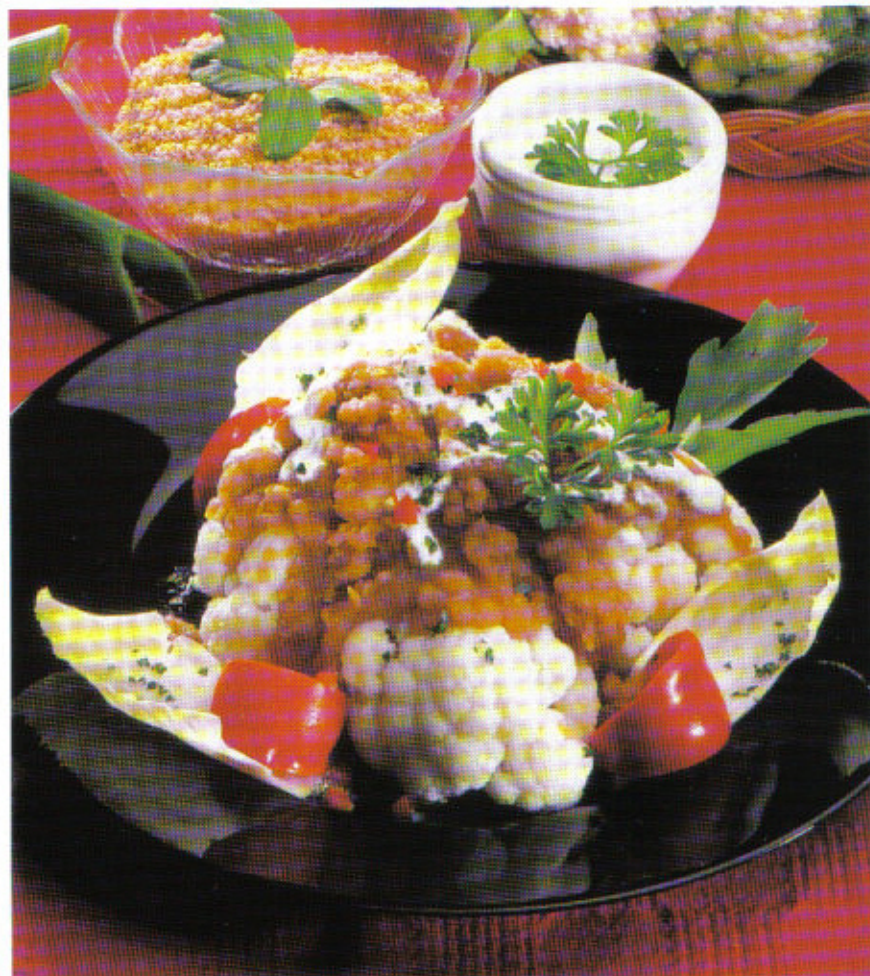
250 g (9 oz.) onions

3 Tbs. oil

1 tsp. paprika and salt to taste

**Directions:** Peel the potatoes, cut into cubes and boil in salted water. Strain, and mash with a fork. Peel the onion and chop finely.

Heat the oil in a non-stick frying pan, and add the onion. Sauté until it's translucent, stirring continuously. Add the salt and paprika, then tip in the mashed potato. Stir well, and fry until the base is brown and crispy. Turn with a spatula, and continue frying until the other side is crispy and brown.



■ **Tip:** You dice and can fry the potato. Typical Hungarian side dish.

## Potato Croquettes

**Serves four:**

500 g (18 oz.) potatoes • 2 egg yolks • 1 egg

130 g (4½ oz.) pastry flour • 1 tsp. salt

100 g (3½ oz.) breadcrumbs

½ a tsp. baking powder • ½ a tsp. ground nutmeg

½ a tsp. ground pepper • plenty of oil to fry

**Directions:** Boil the unpeeled potatoes, then peel while still hot and mash with a potato masher. When cool, stir in the egg, flour, spices and baking powder. Knead the mixture, then with wet hands form into small rolls. Roll in the breadcrumbs and fry until nice and brown in plenty of hot oil.

■ **Tip:** An excellent meat accompaniment, and also a meal in itself with salad. Simple and inexpensive.

## Cheese and Almond Broccoli

[photo]

**Serves four:**

750 g (1 lb. 10½ oz.) broccoli

300 ml (10½ fl. oz.) milk • 2 Tbs. flour

50 g (1½ oz.) margarine • 2 eggs

50 g (1½ oz.) finely chopped almonds

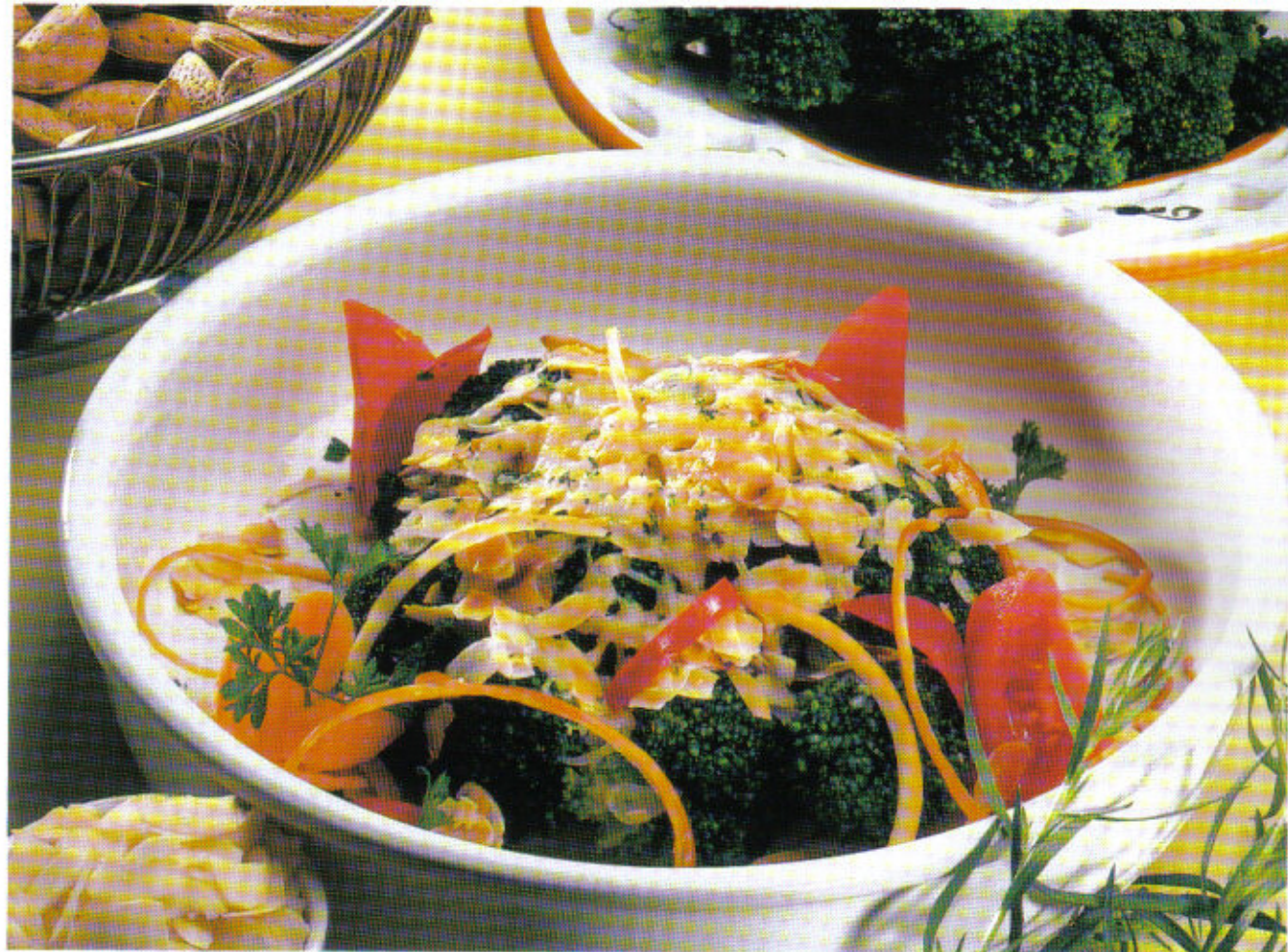
salt and ground black pepper to taste

for the topping:

1 Tbs. almonds sliced into splinters

**Directions:** Clean the broccoli and cut into uniform pieces. Heat up the margarine and the flour to a froth, then pour in the milk. Heat until it thickens, stirring continuously. Sprinkle in the spices and almonds. Grease an oven-proof dish or small baking tray with the margarine and put in the broccoli. Beat the egg then stir it into the warm (but not hot) sauce. Spoon evenly over the broccoli. Seal the top with aluminium foil and cook in a pre-heated oven





for 25 minutes on a medium heat. Finally remove the foil to brown the top.

■ **Tip:** Double the amounts for a one-course meal, or to accompany roasts on special occasions.

*Quickly and easily prepared.*

## Liptauer Galuska (Little Cheese Dumplings)

**Serves four:**

400 g (15 oz.) flour • 200 ml (8 fl. oz.) sour cream

400 g (15 oz.) Liptauer cheese (or feta)

150 ml (5 fl. oz.) milk • 1 large bunch of dill

500 g (1 lb.) smoked bacon • 2 eggs • 1 tsp. salt

**Directions:** Beat the eggs and break up the Liptauer with a fork. Chop the smoked bacon finely and heat in a pan to sweat out the fat. Stir half of the Liptauer, the sour cream and the very finely chopped dill into the bacon fat. Boil some salted water in a large pot.

Stir the rest of the Liptauer, flour, milk, eggs and salt together. Boil some water in a small pan, scoop out small pieces of the egg and cheese mix with a tsp. and add to the water while still boiling. Then strain and rinse in cold water. If necessary, season with a little salt. Stir into the bacon and cottage cheese sauce. Place in a hot oven for 10 minutes, heating thoroughly.

■ **Tip:** Make with cottage cheese, for a smoother taste.

*Quickly prepared.*

## Daragaluska with Dill (Little Dumplings)

**Serves four:**

300 g (11 oz.) semolina • 3 eggs

4 Tbs. oil

a small bunch of dill

1 tsp. salt

1/2 a tsp. ground black pepper

**Directions:** Separate the eggs. Beat the whites until stiff, then carefully stir in the separately beaten yolks. Slowly pour in the oil, sprinkle in the spices and the finely chopped dill, and finally add the semolina. Leave to stand for at least one hour.

Boil a good three litres (105 fl. oz.) salted water. Scoop out uniformly sized small pieces of the egg mix with a tablespoon and drop in the water. Cover and cook on a slow heat. They will swell considerably. Check if cooked throughout by cutting one in half. When fully cooked, strain and keep warm.

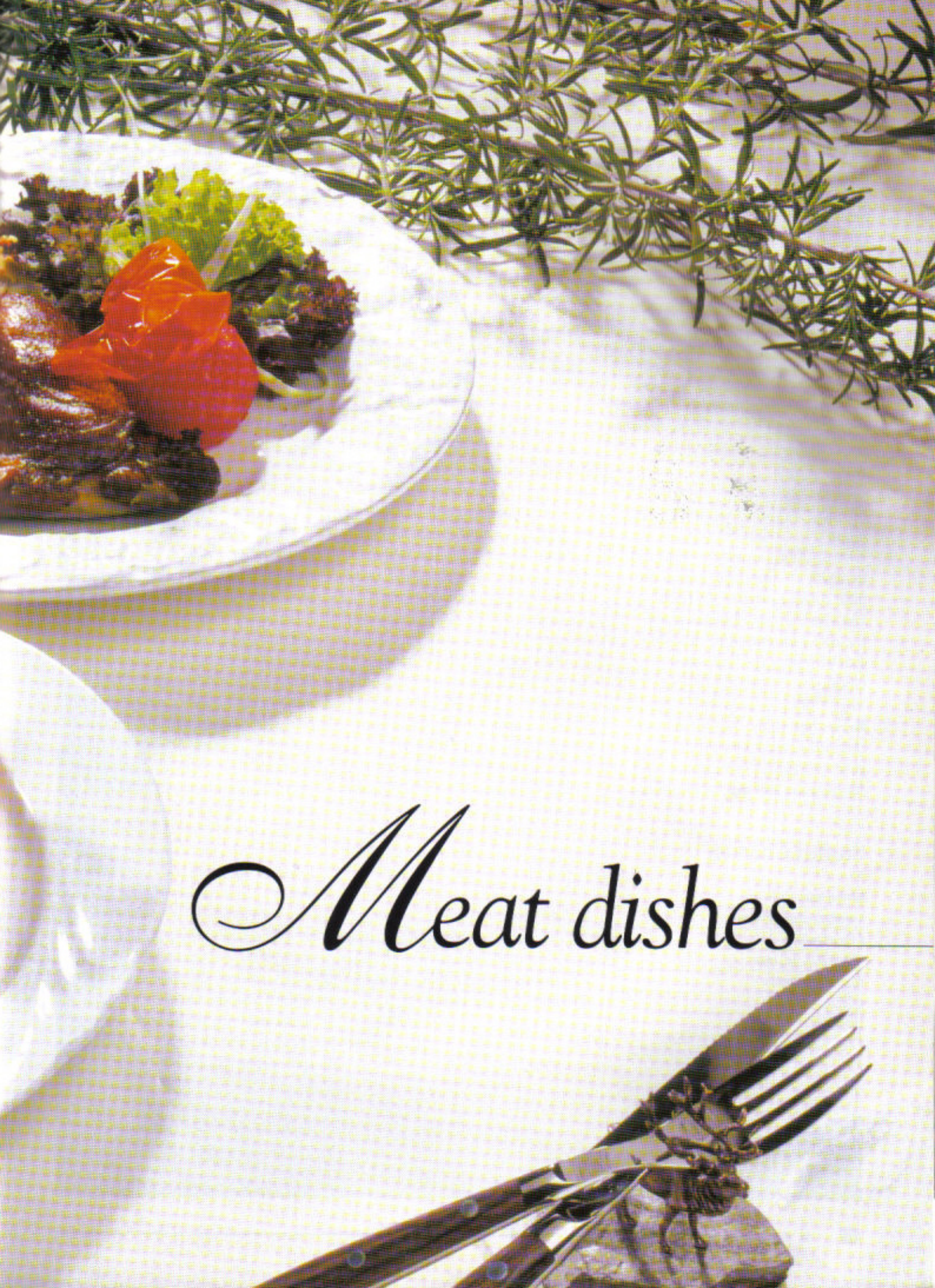
■ **Tip:** Good with meat dishes, or on its own, heated in the oven with a dill and sour cream topping. Good with meat soups, too.

*A marvellous dish.*









# *Meat dishes*



## Spiced and Breaded Chicken

Serves four:

1 chicken  
2 eggs  
2 Tbs. ground peanuts  
2 Tbs. breadcrumbs  
2 Tbs. flour  
2 garlic cloves  
salt and ground pepper to taste  
oil for frying

**Directions:** Clean and wash the chicken and wipe it dry. Cut it into small pieces and season with salt and pepper. Beat the egg with the peeled, crushed garlic. Stir the breadcrumbs and the ground peanuts together.

Coat the seasoned meat first in flour, then in the egg mixture, and finally roll in the nuts and breadcrumbs. Heat plenty of oil, add the meat and fry gently on a low heat, so that the meat is well cooked to the bone. Place on a kitchen towel to absorb the excess oil, and serve on a heated dish with salad (perhaps several types).

■ **Tip:** Just as tasty and special with chopped almonds or walnuts. Very good with garlicky tartare sauce.  
*Inexpensive, and quickly prepared.*

## Stuffed Chicken

Serves four:

1 medium-sized chicken  
2 bread rolls  
150 ml (5 fl. oz.) milk  
50 g (1½ oz.) butter  
4 Tbs. oil  
2 eggs  
1 small onion  
2 bunches of parsley  
2 garlic cloves  
½ a tsp. ground black pepper  
salt to taste

**Directions:** Clean the chicken inside and out, drain and dab dry. Loosen the

skin with the handle of a wooden spoon—carefully, so that it doesn't tear—starting with the neck and moving on to the breast and thighs. Rub salt into the inside of the chicken, and put in one of the bunches of parsley, folded in half. Cut the bread rolls into small pieces, soak in milk and squeeze gently. For the stuffing, beat the melted butter and eggs then add the bread. Sauté the finely sliced onion and the crushed garlic in 1 Tbs. oil until wilted, then mix with the other bunch of parsley (chopped), salt and pepper. Add to the egg mixture. Blend everything together thoroughly.

Carefully pipe the mixture under the loosened chicken skin. (You can do this with a piping bag or a plastic bag with a hole in one corner.) Smooth out with a wooden spoon, so that the stuffing is spread evenly under the skin. Truss the chicken (either tie the two thighs together with twine or skewer together with cooking needles), and place in a baking tray or ovenproof dish. Carefully pour in a glass of water around the edges. Sauté the stuffed chicken in the oil, then put it in an oven pre-heated to a medium heat. Brown well on both sides on a medium heat, trickling the juices over the meat frequently. (Turn very carefully with two spatulas, because the thin skin is very delicate and the stuffing can easily spill out.) Good with boiled buttered vegetables or boiled fruit accompaniment.

■ **Tip:** Leave the cooked chicken in the oven for 15 minutes after you turn off the heat, then carve. It is easy to cut up with kitchen shears.  
*Traditional Hungarian dish.*

## Paprika Chicken

[photo]

Serves four:

1 medium-sized chicken  
200 ml (8 fl. oz.) sour cream  
500 g (1 lb.) smoked bacon  
1 large onion  
2 green (bell) peppers  
1 tomato  
1 Tbs. paprika,  
1 tsp. flour  
salt to taste

**Directions:** Clean the chicken and cut into small pieces: the thighs in half, the breast into four, the wings in half, the back once crosswise and once lengthways. Lightly season the meat with salt. Peel the onion and chop finely. Heat the smoked bacon in a pan until the fat sweats out.

Fry the onion in the bacon fat until it's translucent, then take it off the heat, stir in the paprika and pour in 2 Tbs. water. Return to the heat and add the chicken pieces one at a time, frying at a high heat on both sides. When all the chicken pieces have turned a light colour all over, carefully pour 1½ a glasses of water in around the edges, a little at a time, and cook until tender throughout. While cooking tilt the pan from side to side at frequent intervals. (Do not stir with a wooden spoon, because the delicate chicken flesh can fall apart very easily!) If all the liquid boils away before the chicken is tender, add one or two Tbs. boiling water. Core the green peppers and slice them and the tomato into circles, and season with salt. Blend the flour and sour cream together until smooth, add to the chicken juices and bring to the boil once more. For those who like it hot, add one spicy pepper (or chilli pepper).

■ **Tip:** Tastiest with "little dumplings" (*galuska*) and pickled gherkins. You can make this with oil instead of bacon.

*A traditional Hungarian dish.*









## Spicy Crispy Duck

[photo]

Serves four:

- 1 young (not too fatty) duck
- 2 Tbs. mustard (hot, if you like)
- 1 large onion
- 1 Tbs. marjoram
- the grated zest of half a lemon
- 1 tsp. salt
- 2 garlic cloves
- $\frac{1}{2}$  a tsp. ground black pepper

**Directions:** Mix the mustard and the grated onion together with the crushed garlic, marjoram, lemon zest, salt and pepper.

Spread the mustard mix around the inside of the duck. Season the outside of the duck with salt and place on a baking tray or ovenproof dish. Carefully pour one glass of water in around the edges, and baste slowly in a pre-heated oven for one and a half hours. From time to time trickle

some of the juices over the meat. Carefully turn over half way through the cooking time. Take the cooked duck from the baking tray with a spatula, pour off the juices, cut into portions and return to the baking tray. Brown on both sides until it's crispy.

**Accompaniments:** Fried apple slices; drained, pickled onions; stoned prunes, mashed potato with onion.

■ **Tip:** You can also put the duck in the baking tray and cook it covered. When the meat is tender throughout, uncover and brown.

*A traditional Hungarian dish.*



## Mushroom Chicken

Serves four:

- 2 small pullets (young chickens)
- 250 g (9 oz.) mushrooms
- 200 ml (8 fl. oz.) dry white wine
- 1 onion
- 4 Tbs. oil
- 3 Tbs. flour
- a bunch of parsley
- 2 garlic cloves
- salt and ground black pepper to taste

**Directions:** Wash the pullets, dab dry and cut in half, to give 4 pieces in total. Clean the mushrooms and slice thickly. Chop the onion finely.

Season the chicken pieces with salt and pepper and coat with flour on both sides. Heat the oil in a frying pan and fry the chicken quickly, on a high heat. Leave to one side. Fry the onion in the remaining oil until it's translucent, add the mushrooms, season with salt and stir in the crushed garlic and



the parsley. Return the chicken portions to the frying pan, pour in the wine, cover and cook until tender throughout. Finally uncover and simmer off the excess juices. Potatoes cooked in salted water make a good accompaniment.

■ **Tip:** You can also make this with cream instead of wine. If you cannot get pullets, one good large chicken will do, just cut it into 4 pieces.

*A dish for special occasions.*

## Stuffed Chicken Thighs

Serves four:

4 chicken thighs

100 g (3½ oz.) mushrooms

3-4 Tbs. flour • 2 Tbs. oil

100 ml (3½ fl. oz.) milk

1 egg, a bunch of parsley

2 garlic cloves

salt and ground black pepper to taste

oil for frying

**Directions:** Remove the bones from the fleshy upper part of the chicken thighs. Season the meat with salt inside and out. Clean the mushrooms and slice finely, then put in a pan with 2 Tbs. oil, salt, pepper, along with the finely chopped parsley. Cover and sweat in their own juices until tender throughout. Then with the lid off, continue cooking until no water remains, only the juices.

When the filling has cooled a little, fill the chicken thighs. Seal the thighs with cooking needles or cocktail sticks and coat first with flour, then with crushed garlic, salt, pepper and the egg mixed with milk. Then turn in flour again, and finally brown in plenty of hot oil. Fry on a low heat, because the thick meat cooks through slowly! Serve with fried potato and salad.

■ **Tip:** You can also fill with cheese, ham or vegetables. Sliced, it makes a good buffet dish.

*Inexpensive and substantial.*

## Breast of Duck with Prunes

Serves four:

1 whole boned breast of duck (in 2 pieces)

150 g (5 oz.) prunes (with the stones removed)

100 ml (3½ fl. oz.) dry red wine

1 tsp. hot mustard

2 garlic cloves

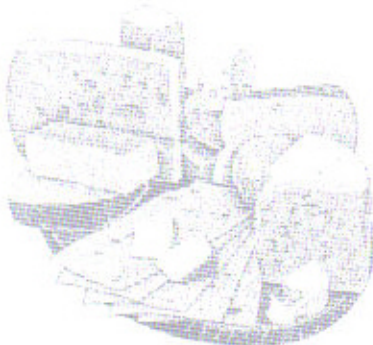
salt and ground pepper to taste

**Directions:** Peel and crush the garlic and stir into the wine together with the salt, pepper and mustard. Put the two pieces of duck breast (with the skin still on) skin side down into an unoled frying pan and fry on a high heat until the fat sweats out. Then pour out the fat, turn the meat over and fry the other side.

Pour the spiced wine over the meat, place the prunes alongside, cover and cook for approximately 20 to 25 minutes. After cooking, leave for 20 minutes. Carve with a very sharp knife and serve together with the prunes. Pour the wine stock around the edges.

■ **Tip:** You can make this with large sultanias instead of prunes.

*A delicious dish for special occasions.*



## Goose Wings in Tomato Sauce

Serves four:

The offal of one goose

(wings, neck, gizzard, heart)

for the sauce

300 ml (10½ fl. oz.) milk

30 g (1 oz.) butter or margarine

1 heaped Tbs. flour

100 ml (3½ fl. oz.) cream

1 small tin (500 g/1 lb.) tomato purée

1 bunch of celery leaves

1 tsp. grated onion

½ a tsp. ground black pepper

salt to taste, a pinch of sugar

**Directions:** Wash the meat, dab dry and chop. Place in just enough water to cover and simmer until tender throughout. Remove the bones and cut the meat into slices.

Meanwhile heat up the butter with the flour to a froth, then pour in the hot milk. Thicken on the heat, stirring continuously. Add the tomato purée and the cream and bring to the boil, then simmer gently on a low flame for a short while. Flavour with the grated onion, finely chopped celery leaves and pepper. Add a pinch of sugar and boil for just an instant. Finally stir in the meat. Serve with rice.

■ **Tip:** You can make this with sour cream, kefir or thinned yoghurt instead of cream, in which case use more sugar to take the edge off the sourness.

*Inexpensive and ancient dish.*







## Duck with Cabbage

[photo]

Serves four:

|                                                                  |
|------------------------------------------------------------------|
| 1 young (not too fatty) duck                                     |
| 750 g (1 lb. 10 <sup>1</sup> / <sub>2</sub> oz.) pickled cabbage |
| 200 ml (8 fl. oz.) sour cream                                    |
| 1 onion                                                          |
| 4 garlic cloves                                                  |
| 1 Tbs. oil                                                       |
| 1 tsp. savory                                                    |
| 1 tsp. marjoram                                                  |
| salt to taste                                                    |
| ground black pepper and a little sugar                           |

**Directions:** Clean the duck and make very closely spaced incisions in the skin. Rub the slits with the salt, pepper and crushed garlic. Cut the fat from the inside of the duck and discard, then salt the inside. Sprinkle the marjoram into the cavity and place the peeled onion inside. Wash the pickled cabbage (if necessary) and drain, then brown in 1 Tbs. oil. Sprinkle in the savory, salt, pepper and a little sugar. Cover and continue cooking until soft.

Put the duck into a baking tray or ovenproof dish and carefully pour in one glass of water around the edges. Cover and cook in a hot oven until tender throughout. Then pour off the juices, leave uncovered and brown on all sides. Let stand for 15-20 minutes and then cut into portions. Put the pieces into an ovenproof dish, place the cooked cabbage around and on top of them, and pour the salted, peppered sour cream over the whole lot. Return to the hot oven for just long enough to slightly brown the sour cream.

■ **Tip:** You can also cut up the duck when it's still raw. Cover and cook until almost tender throughout, and pour off the juices. Place the cut-up meat on the sour cream coated cabbage. Cook in a pre-heated oven until tender throughout, then brown.  
*A meal for special occasions.*



## Minced Goose Breast

[photo]

Serves eight:

1 breast of goose

2 eggs

1 onion

100 ml (3½ fl. oz.) milk

one bunch of parsley

1 Tbs. goose fat (or oil)

3 garlic cloves

1 tsp. marjoram

½ a tsp. ground black pepper

salt to taste

**Directions:** Remove the skin from the goose breast. Remove the meat from the bone and mince finely in a fine-blade meat grinder. Peel the onion and slice very finely. Fry the onion in 1 Tbs. oil until it's translucent, then add the crushed garlic. Continue frying them together for a few minutes. Then mix the fried onion, marjoram and finely chopped parsley together with the minced goose. Season with salt, pepper, and knead together with the egg and milk until all the liquid is absorbed.

Grease a fairly long baking tray or ovenproof dish, then coat with flour. Place the meat mixture in it, cover with aluminium foil and bake in a pre-heated oven for 45 minutes. Then remove the foil and brown until crispy. Slice and serve.

■ **Tip:** Dieters should cook the goose without skin and fat.

*Substantial and tasty.*







## Hungarian Beans (*Sholet*) [photo]

Serves four:

2 smoked goose thighs

(each cut in two)

400 g (15 oz.) large dry pinto beans

100 g (3½ oz.) pearl barley

4 eggs, 1 large onion

2 Tbs. goose fat

1 tsp. paprika

1 garlic clove

salt and ground black pepper to taste

**Directions:** For 24 hours soak the beans, pearl barley and goose thighs. Peel and chop the onion finely, peel and crush the garlic. Wash the eggs thoroughly, then wipe dry. Before preparing, strain all the ingredients that have been soaking.

Put the beans and the pearl barley into a clay casserole dish (crock pot). Sprinkle in the onion and the crushed garlic, then form a small hollow in the mass of beans. Place the pieces of goose thigh in this hollow and surround them with the raw eggs in their shells. Sprinkle in the paprika and pepper and pour on the melted goose fat and enough water to cover everything. Cover and put in an unheated oven. Cook for 15 minutes on a low heat, a further 20 minutes on a slightly higher heat, then for 3 hours on a medium heat. Then take the smoked meat from the pot, remove the bones and slice. Carefully stir the beans with a fork. Shell the eggs and cut in half. When serving, place the meat and egg halves on top of the beans.

■ **Tip:** If you do not have a large clay casserole dish, use a heavy cast-iron one. Then pre-heat the oven and pour in 2.5 cm (1 inch) more water than is needed to cover the ingredients.

*A famous Jewish dish incorporated into Hungarian cuisine centuries ago.*





## Goose Liver Paté [photo]

Serves eight:

Approximately 500 g (18 oz.) goose liver

approximately 1 litre (35 fl. oz.) milk

150 g (5 oz.) very finely sliced bacon

3 Tbs. goose fat • 1 orange • 2 sugar cubes

2 Tbs. gelatine powder • 2 crushed cloves

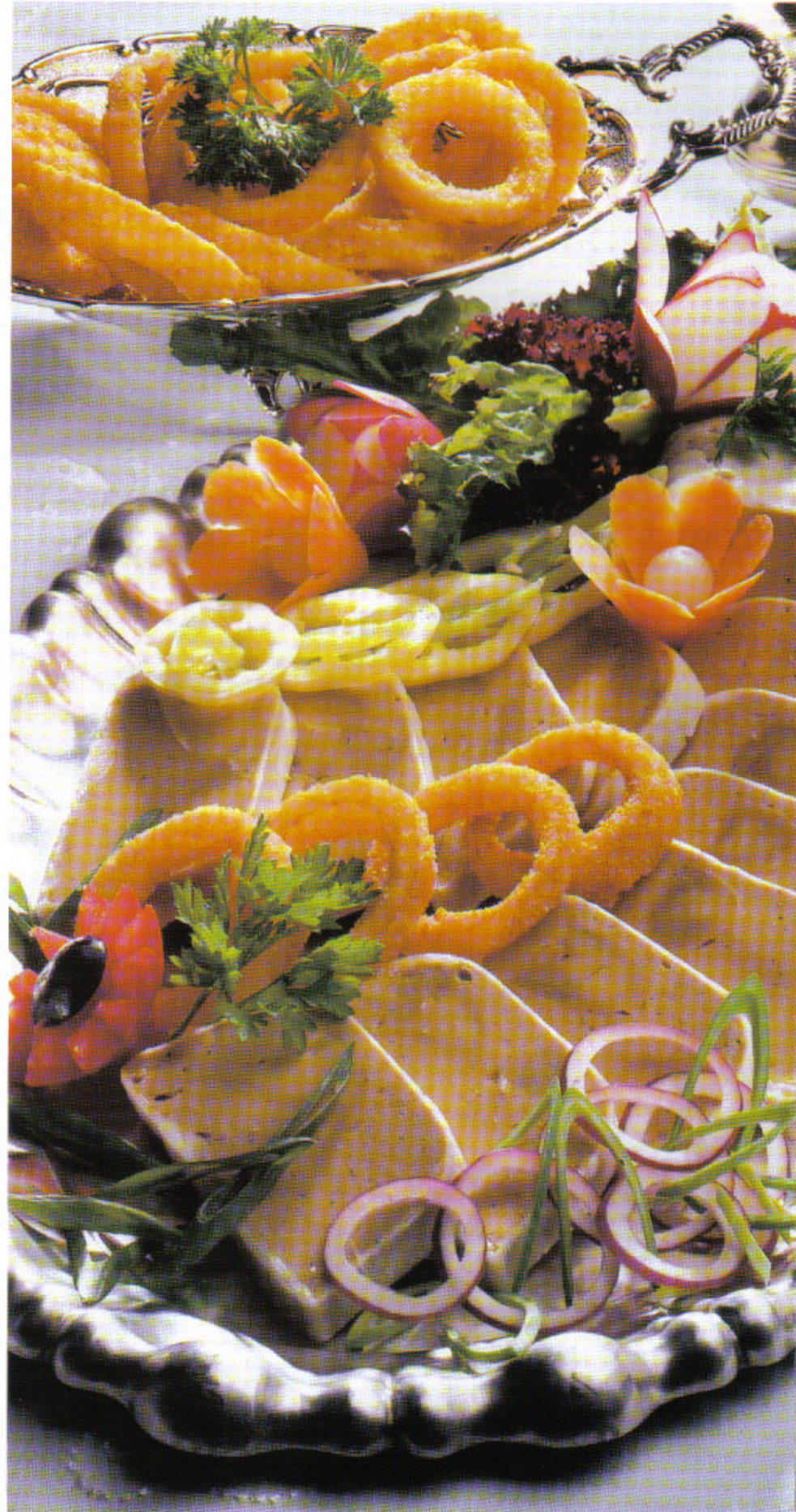
1 bunch of parsley • 2 knife-tips of mixed pâté

spices • salt and ground black pepper to taste

**Directions:** Wash the goose liver, then pour milk over it, enough to cover. Soak for two hours, or overnight if you like (in this case keep covered in the refrigerator). Wash the orange in hot water. Rub the peel with the sugar cubes and squeeze out the orange juice. Stir together the orange juice, orange flavoured sugar, spices, one Tbs. goose fat and the gelatine powder. Remove the liver from the milk, place in another pan and pour fresh milk over it. Cover and cook gently until the liver is dry when tested with a fork. Then take out the liver and divide in half. Cut one half into large, thin slices and mince the other half. Turn the minced liver in the orange mixture. Spread the bacon out over all the surfaces of a narrow, deep ovenproof dish and place in one liver slice on the bottom. Spread a layer of cream on this, then cover with another slice of liver. Add another layer of cream and continue layering like this until you have used up all the ingredients. Then put the dish on an uncovered baking tray or ovenproof dish in which there is approximately 2.5 cm (1 inch) water. Put the baking tray in a pre-heated oven and cook for one hour on a medium heat. Leave the pâté to cool in the dish, then cover and keep in the refrigerator until needed. The pâté will keep well like this. Before serving, cover the base and sides of a glass dish with lettuce leaves, slice the pâté and place on top, and garnish as you like. Serve with toast.

■ **Tip:** You can prepare goose liver pâté with fried mushrooms, ham, almonds, or breaded onion rings.

*A famous Hungarian speciality.*







## Goose Liver Letcho

[photo]

Serves four:

Approximately 35-40 g (15 oz.) goose liver

5 green (bell) peppers

2 tomatoes

200 ml (8 fl. oz.) milk

500 g (1 lb.) smoked bacon

1 large onion

3 garlic cloves

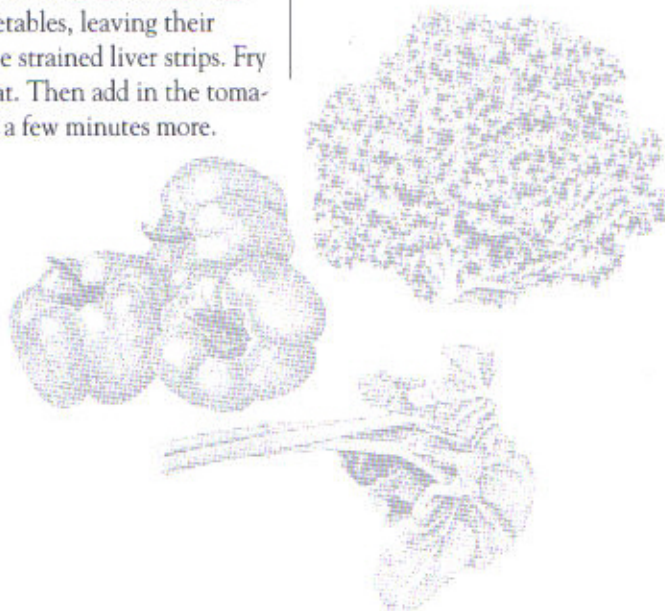
1 tsp. paprika

salt and ground black pepper to taste

**Directions:** Remove any tough strands from the goose liver, then cut into thin, long strips. Pour the milk over it and soak for half an hour. Core the green pepper and slice thickly. Peel the tomatoes and cut into sections. Chop the onion finely. Dice the smoked bacon and heat in a pan until the fat sweats out.

Sauté the onion in the bacon fat until wilted. Then add the green pepper slices, salt, pepper and crushed garlic, and fry for a few minutes. When the pepper has softened, take off the heat and stir in the paprika. Return to the heat, cover and cook for a few minutes. When the water has boiled out from the vegetables, leaving their juices, add the strained liver strips. Fry on a high heat. Then add in the tomato and fry for a few minutes more.

■ **Tip:** The dish will be even tastier if you also put mushrooms in.  
*Hungarian speciality.*





## Goose with Rice

[photo]

Serves four:

The offal

(wings, gizzard, heart, neck)

and thighs of one goose

200g (7 oz.) rice

100 g (3½ oz.) shelled peas

100 g (3½ oz.) carrots

100 g (3½ oz.) turnips

1 small onion

3 Tbs. oil

3 chicken bouillon cubes

1 level Tbs. dried

salted vegetable seasoning

a bunch of parsley

2 garlic cloves

½ a tsp. ground black pepper

**Directions:** Wash and drain the rice. Soak for half an hour in enough water to cover well, then strain. Meanwhile cut up the meat as well as the bones will allow. Cut the thighs in half, slice the onion and the parsley finely, crush the garlic and dice the washed carrots and turnips.

Sauté the onion in 2 Tbs. oil until it's translucent, then add the cut-up meat and, stirring, fry until the meat is a light colour all over. Add the bouillon cubes, sprinkle in the spices, and pour in 1 litre (35 fl. oz.) of water. Cover and cook until tender throughout. Then sprinkle in the rice, half the parsley, the carrots, turnips and peas. Simmer until the rice has absorbed all the liquid. Stir carefully with a fork before serving and sprinkle with the remaining parsley.

■ **Tip:** You can also prepare this by removing the bones from the meat when completely tender, cutting the meat into slices and stirring it into the meat stock with the cooked rice and vegetables.

*An original Hungarian dish.*





## Goose Meatballs in Dill Sauce

Serves six:

Half a breast of goose (without skin)

1 bread roll or 1 slice of bread

2 eggs • 1 onion

100 ml (3½ fl. oz.) milk

a bunch of parsley

2 Tbs. goose fat (or oil)

1 Tbs. dried

salted vegetable seasoning

3 garlic cloves

breadcrumbs for coating

for the sauce:

200 ml (8 fl. oz.) milk

100 ml (3½ fl. oz.) sour cream

1 Tbs. oil or goose fat

1 Tbs. flour

1 Tbs. dried

salted vegetable seasoning

a small bunch of dill

1 knife-tip of ground white pepper

salt to taste

**Directions:** Mince the goose twice, to form a purée. Cut the bread roll into cubes and pour in the milk. Peel the onion and slice very finely. Fry in 1 Tbs. oil until it's translucent, then add the crushed garlic and fry together for a few minutes.

Mix the minced goose together with the fried onion and season with salt and pepper. Add the beaten egg and crumbled milky bread roll. Knead until all the liquid has been absorbed. Roll into balls with wet hands and roll in the breadcrumbs. Fry the meatballs on both sides in a non-stick frying pan, using the remaining oil. Meanwhile for the sauce, heat the oil and the flour together to a froth, pour in the milk, stir in the spices and thicken on the heat, stirring continuously. Finally add the sour cream, but do not let the pan boil.

■ **Tip:** You can spice the meatballs with rosemary, thyme and basil to taste. In this case, do not put dill in the sauce.

*Simple and tasty.*

## Breast of Goose in Fruit Marinade

Serves four:

600-700 g (1½ lb.)

filleted breast of goose

(in one piece)

2 onions,

1 carrot

1 turnip

1 small celery stalk

1 apple,

100 ml (3½ fl. oz.) sour cream

1 Tbs. apricot jam

1 Tbs. flour

4 garlic cloves

1 bay leaf

6 black peppercorns

50 ml (1½ fl. oz.) wine vinegar

3 juniper berries

1 tsp. mustard

1 tsp. grated orange zest

lemon juice

sugar

salt to taste

**Directions:** Remove the skin from the goose breast, cut into small cubes and heat in a pan until the fat sweats out. For the marinade sauce, peel and cut the onions into rings. Boil one litre (35 fl. oz.) of water and add to it the onion rings, the crushed garlic, pepper, bay leaf, wine vinegar, salt and juniper berries. Boil for 5 minutes. When cool, pour over the goose breast. Cover and place in the refrigerator. The next day take the meat out of the marinade, drain it and fry on all sides in goose fat.

Pour the marinade together with the vegetables into a pressure cooker and add in the cooked goose. Seal the pressure cooker and cook for 40 minutes. When the meat has cooled, slice crosswise. Put the remaining marinade into a blender, add the peeled, cored, cut apple and purée. Then place in a pan together with the mustard, orange zest and apricot jam, and bring to the boil. Stir the flour and sour cream together until smooth, and use it to thicken the mixture in the pan. Bring

to the boil, then simmer gently on low flame for a short while. Flavour with a little sugar and lemon and add in the sliced goose breast. Bring to the boil once more. Serve with dumplings or potato patties.

■ **Tip:** This is also delicious with quince instead of apple! In this case use more sugar.

*Exceptional dish for special occasions.*

## Pork Chop Stuffed with Hungarian Sausage (Kolbász)

Serves four:

600-700 g (1½ lb.) pork chop

off the bone (in one piece)

1 piece of lightly smoked Hungarian sausage the same length as the chop

500 g (1 lb.) smoked bacon

1 Tbs. pepper purée

salt

**Directions:** Wash the meat, dab dry. With a sharp knife make a deep cut along its length large enough for the sausage to fit into the middle of the chop. Peel the sausage. Slice the smoked bacon extremely finely.

Put the sausage into the meat. Place the stuffed meat on aluminium foil, lightly season with salt, then spread on the paprika purée. Cover the meat with the bacon slices. Then wrap in the foil and bake in a pre-heated oven for 70-80 minutes. Then open up the foil and brown. When it has cooled a little, slice, pour the juices over it and serve with mashed potato, onion and relishes.

■ **Tip:** The easiest way to peel the sausage is to wash it in hot water and wait for a few minutes.

*Easily prepared.*





## Stuffed Cabbage with Dill

[photo]

Serves ten:

|                                                     |
|-----------------------------------------------------|
| 1½ kg (3 lb. 5 oz.) shredded pickled cabbage        |
| 20 pickled cabbage leaves                           |
| 500 g (18 oz.) pork shoulder                        |
| 500 g (18 oz.) pork flank                           |
| 1 regular and 1 smoked knuckle of ham (both soaked) |
| 10 pieces of smoked Hungarian sausage               |
| 500 ml (18 fl. oz.) dry white wine                  |
| 500 ml (18 fl. oz.) sour cream                      |
| 100 g (3½ oz.) smoked bacon                         |
| 1 small onion                                       |
| 4 Tbs. chopped dill                                 |
| 1 Tbs. savory                                       |
| 1 Tbs. paprika                                      |
| 10 black peppercorns                                |
| ground black pepper and salt to taste               |

**Directions:** Wash and drain the pickled cabbage. Cut away the hard central vein of the cabbage leaves, but try

not to make holes in the leaves. Mince the pork shoulder. Stir in half the finely chopped bacon, add the washed and drained uncooked rice, salt, ground pepper, grated onion and paprika. Mix everything together well. Place the remaining very finely sliced smoked bacon in the bottom of a large pan.

Place the meat and rice mixture onto the cabbage leaves and roll them up tightly. Fold over the leaves at both ends so that the filling cannot leak out. Put a quarter of the shredded cabbage into the pan with the bacon in it. Sprinkle in the savory and dill, then season with salt and place on this the two soaked, boned and segmented knuckles of ham. Season with salt and cover with another layer of shredded cabbage. Sprinkle this with savory, dill and salt, and place a layer of rolls, side by side on top. Add to this another layer of cabbage, then cover with the

pork flank cut into segments. Season with salt and pepper, cover with all the remaining cabbage, sprinkle in more savory, dill and all the pepper. Cut the sausage into cubes and push into the gaps between the rolls. Pour in the wine and enough water to cover everything. Cover and bring to the boil on a medium heat, then continue cooking on a low heat for two and a half hours. When serving, top off this delicious dish with sour cream.

■ **Tip:** The more times it's re-heated, the better the flavour. It is not traditional to prepare this dish in smaller quantities.

*Original recipe from Erdély (Transylvania).*





## Meatballs with Sour Cream and Onion

[photo]

Serves four:

300 g (11 oz.) minced lean pork  
2 large onions  
1 bread roll (or 1 slice of bread)  
200 ml (8 fl. oz.) milk  
200 ml (8 fl. oz.) sour cream  
3 Tbs. oil • 1 egg  
1 tsp. marjoram  
1 tsp. paprika  
2 garlic cloves  
salt and ground black pepper to taste

**Directions:** Cut the bread roll into cubes and dip in the milk. Turn several times, to soak well. Chop the onion finely and sauté in one Tbs. oil until wilted. Beat the egg, add the crushed garlic, the fried onion, the paprika and the marjoram. Season with salt and pepper.

Stir the minced meat into the spicy egg and onion mixture, together with the crumbled bread roll and the milk remaining after soaking the bread. Knead until the meat mixture has absorbed all the liquid. Oil a small baking tray or ovenproof dish, then form eight meatballs with wet hands. Place the meatballs tightly side by side in the baking tray. Season the sour cream with salt, mix with the oil, and trickle on the meat. Cover the baking tray, and bake in a pre-heated oven for 40 minutes.

■ **Tip:** You can also fry the meatballs in plenty of oil, place on an ovenproof dish, top with sour cream and lightly brown in the oven.

*Simple and inexpensive.*

## Roast Spare Rib

(Gypsy Roast)

Serves four:

4 large slices of pork spare rib off the bone  
1 Tbs. flour  
1 Tbs. oil  
1 garlic clove  
ground black pepper and salt to taste

**Directions:** Lightly pound the pork slices with a mallet. Season with salt and ground pepper. Spread on the crushed garlic, then coat in flour and roast brushed with oil, or brown on both sides under the grill.

■ **Tip:** Fresh or pickled salads and fried potatoes make good accompaniments.

*Easily prepared in minutes.*



## Layered Cabbage, "Kolozsvár" Style

Serves six:

600 g (1 lb. 5oz.) pickled cabbage

600 g (1 lb. 5 oz.) lean shoulder of pork

200g (7 oz.) lightly smoked

Hungarian sausage

100 g (3½ oz.) rice

300 ml (10½ fl. oz.) sour cream

500 g (1 lb.) smoked bacon

2 meat bouillon cubes

1 Tbs. sugar • 1 Tbs. paprika

1 onion, ground pepper

and salt to taste

**Directions:** Cook half the pork shoulder in one piece in the customary way. (Fry on all sides in a frying pan, then carefully pour 100 ml (3½ fl. oz.) water in around the edges, cover and cook until tender throughout.) Mince the cooked meat and leave to one side. Cook the remaining pieces of pork shoulder with the onion and paprika in a thick meat stew. (To make the stew, sauté the peeled, chopped onion in 1 Tbs. oil until it wilts, sprinkle with paprika, add the diced meat, season with salt and carefully pour in 200 ml (8 fl. oz.) water around the edges. Simmer while stirring frequently until tender throughout.) Fry the pickled cabbage in a little oil, with a little salt and the sugar. Half cook the rice in the stock prepared from the bouillon cubes, then stir in the minced fried meat. Slice the smoked sausage and dice the smoked bacon.

Place a thin layer of cooked cabbage on the base of a medium-sized baking tray (or ovenproof dish), then sprinkle the diced bacon and sliced sausage on it, followed by a third of the stew. Pour on the sour cream. Now add a layer of meat and rice mixture, then another layer of cabbage. Pour on some more sour cream, then add more sausage and bacon, then some meat and rice mixture, then more cabbage. Continue layering until the ingredients run out. Season the layers with

salt and pepper to taste. The top layer should be cabbage, with a topping of sour cream. Cook in a pre-heated oven for 1 hour, on a medium heat.

■ **Tip:** Originally layered cabbage was served with sliced pork chop and cocks' comb shaped slices of smoked bacon on top, but even without this it's very filling and tasty.

*An original Hungarian dish.*

## Layered Cabbage

Serves four:

750 g (1 lb. 10½ oz.) Savoy cabbage

300 g (11 oz.) minced lean pork

1 egg • 1 onion • 500 g (1 lb.) smoked bacon

1 Tbs. oil • 1 tsp. paprika • 500 g (1 lb.) rice

200 ml (8 fl. oz.) sour cream

2 Tbs. breadcrumbs

1 Tbs. dried, salted vegetable seasoning

2 garlic cloves

½ a level tsp. ground black pepper

1 knife-tip of ground caraway seeds

salt to taste

**Directions:** Peel the onion and chop finely. Dice the smoked bacon, heat in a pan to sweat out the fat and sauté the onion until wilted. Then add the minced meat, and fry until the meat is a light colour all over, stirring continuously to cook evenly. Pour in one glass of water and season with salt, ground pepper, caraway seeds and the garlic. Cover and simmer for 15 minutes. Then stir in the paprika. Meanwhile rinse the rice several times in water, and fry until translucent in one Tbs. oil. Sprinkle in the vegetable seasoning and pour in enough water to double the volume. Cover and simmer. Meanwhile, mix the raw, beaten egg with the sour cream.

Clean, wash and drain the cabbage. Cut into thin strips. Boil some water, season with salt, then place the cabbage into the boiling water with a slotted spoon. Boil for a further three minutes, then remove from the water and drain. Leave to cool. Oil a nice

large baking tray or ovenproof dish, sprinkle with breadcrumbs and place in one layer of cabbage. Sprinkle a little rice on this and spread on a layer of meat. Pour on the sour cream and egg mixture, then continue layering, starting with the cabbage again. Layer the ingredients until they run out. The top layer should be cabbage, which you should top off with the remaining egg and sour cream and some breadcrumbs. Cover the baking tray with aluminium foil, place in a pre-heated oven, and cook on a medium heat for a good hour. Finally remove the foil, and brown the top.

■ **Tip:** You can also make this with mushrooms, ham or cheese. All the variations are very tasty.

*Inexpensive and filling.*

## Cold Goose Liver

Serves four:

1 goose liver • 2 handfuls of goose fat

1 garlic clove • salt to taste

**Directions:** Remove any tough strands from the goose liver, then soak for one hour in enough ice-cold water to cover it. Meanwhile chop the goose fat finely, melt and strain.

Take the liver out of the water, drain, dab dry and place in a pan. Pour the goose fat over it and add enough water to cover the liver. Add the well-crushed garlic, season with salt, cover and simmer. The liver is done when you can pierce it with a fork and no meat sticks to the fork when it is withdrawn. Then take off the lid, boil off the remaining juices and brown lightly on both sides. Put the liver in a deep glass dish and pour the fat over it. When cool, cover and leave to set in the refrigerator.

■ **Tip:** You can make this with milk instead of water, in which case you must stir it, or it will burn.

*A famous Hungarian speciality.*





## Crispy Roast Pork

[photo]

Serves six:

1 kg (2 lb. 3 oz.)

leg of pork (or shoulder)

with its skin

but off the bone

5 garlic cloves

salt and ground black pepper to taste

50 ml (1½ fl. oz.) beer

**Directions:** Wash the meat, dab dry, then make small slits all over the surface of the meat and push the peeled, sliced garlic into these slits. Season with salt and pepper. Roll up and tie with cooking thread, with the skin outermost.

Place the meat in a baking tray or ovenproof dish, carefully pour in half a glass of water around the edges, then put in a pre-heated oven. Roast on a high heat until the pork skin browns and crisps, then turn down the heat a little and continue to roast until you are able to pierce the flesh with a fork and easily withdraw it. Turn over a few times while cooking. When the meat is tender throughout, brush on the beer mixed with a little vinegar, so that the skin will turn brown and crispy. Carve while still hot. (You cannot cut the crispy skin easily once it has cooled, because it will break up.

■ **Tip:** Goes well with cabbage in white wine. Very good cold, too.  
*Hungarian-style speciality.*





## Knuckle of Veal with Onions

Serves four:

2 small veal knuckles on the bone

1 kg (2 lb. 3 oz.) cooked

unpeeled potatoes

500 g (18 oz.) onions,

4 Tbs. oil

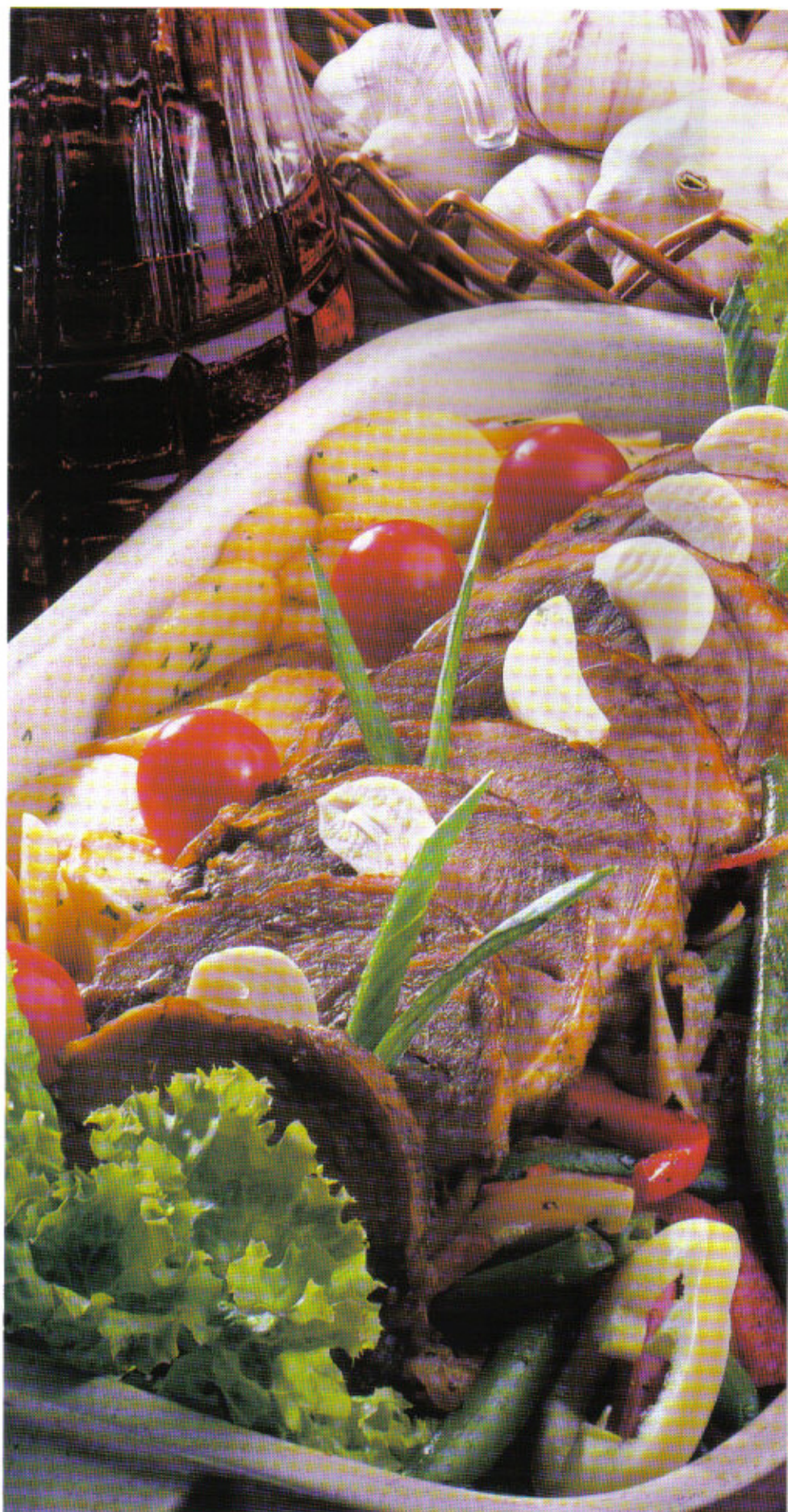
2 garlic cloves

salt and ground pepper to taste

**Directions:** Ask the butcher to cut the veal knuckles in half. Wash thoroughly, dry, then salt generously. Make small slits all over the surface of the meat and push the peeled, sliced garlic into these slits. Cut the onion into quarters, peel the potato and cut into strips.

Heat the oil in a large frying pan and fry the meat until brown on all sides. Carefully pour in a glass of water around the edges, season with pepper, cover, and then simmer for approximately one and a half hours. Turn the meat from time to time, and if necessary pour hot water around the edges, a little at a time. Continue simmering like this until tender throughout, so that the meat will come easily off the bone. Remove the tender meat from the pan and leave to one side. Season the cooked potato with salt and put it in the frying pan, in place of the meat. Sauté on a high heat. Then cook the onion. When serving, spread the fried potato on the base of the plate, sprinkle on the onion, and finally add the carved veal.

■ **Tip:** You can cook the veal in a little salted garlicky water beforehand. This speeds up the preparation.  
*A famous Hungarian recipe.*







## Sirloin with Onion

Serves four:

600 g (1 lb. 5oz.) sirloin off the bone

2 large onions

2 Tbs. flour

2 Tbs. oil

salt and ground black pepper to taste

plenty of oil to fry the onion

**Directions:** Slice the meat the previous day, pound with a meat mallet and cut out the tendons. Season with pepper, coat with oil, cover and leave to "ripen" in the refrigerator for at least 1 day.

Directly before serving, peel the onion and cut into rings, turn in a little flour and fry in plenty of hot oil until crispy. Strain and spread out the onion, so that it does not soften (do not cover or salt, or it will sweat). Salt the sirloin slices and coat them in flour. Fry them one at a time in the same frying pan used to fry the onion.

Remove from the oil, drain and place the fried onion on top. Serve with chips (French fries) and salad.

■ **Tip:** You can also fry the potato in the same oil used for the onion and the meat and it will be even tastier! *A traditional Hungarian dish.*

## Meat Roll Stuffed with Cheese

Serves four:

4 slices of leg of pork

(altogether approximately

600 g/1 lb. 5 oz.)

4 thin slices of smoked cheese

(approximately 80 g/3 oz.)

2 Tbs. Liptauer (or feta) cheese

200 ml (8 fl. oz.) light beer

4-5 Tbs. flour • 1 egg

ground black pepper

curry powder

salt to taste

oil to fry in

**Directions:** Pound the pork slices with a meat mallet until they are thin, but be careful not to tear them. Salt each slice, then put one slice of cheese on each and spread Liptauer on this. Sprinkle with curry and ground pepper and roll them up tightly. Spike with cooking needles and coat in flour.

Mix a thick pastry mix from the beer, beaten egg, flour, salt and pepper. Coat the floured meat rolls in the pastry mix and brown in plenty of hot oil, on a low heat. Place the rolls on a paper towel to absorb the excess oil, and serve with cooked vegetables.

■ **Tip:** The meat will be even tastier with finely sliced ham or mushroom cream on the cheese slices. Don't forget to serve with salad!

*Dish for special occasions.*



## Fried Sirloin

[photo]

Serves four:

600 g (1 lb. 5oz.) sirloin off the bone

800 g (1 1/4 lb.) peeled potatoes • 1 large onion

2 green (bell) peppers • 1 tomato • 4 Tbs. oil

2 Tbs. flour • 1 heaped Tbs. paprika

3 garlic cloves • a bunch of parsley

a pinch of caraway seeds • salt to taste

**Directions:** Lightly pound the sliced meat, slit the edges, season with salt and coat in flour. Heat the oil in a pan and sauté on both sides. Then take the meat out of the frying pan and leave to one side. Sauté the finely chopped onion in the remaining fat until it's translucent, then take the pan off the heat and stir in the paprika. Immediately pour in 300 ml (10 1/2 fl. oz.) water. Bring to the boil and return the sirloin to the frying pan. Add the crushed garlic, sprinkle with the caraway seeds, cover and simmer until almost tender throughout.

Move the tender meat to one side of the frying pan and put the potatoes, sliced lengthways, beside it. Add in the cored, sliced peppers. Season with salt and pour enough water to just cover. Cover and simmer until tender throughout. Cut the tomato into circles, add and bring just to the boil, then continue to simmer for a couple of minutes. Meanwhile sprinkle in the finely chopped parsley. Serve with salad.

■ **Tip:** The bigger the frying pan, the shorter the preparation time.

*A tasty, traditional dish.*

## Beef Ragout in Red Wine

Serves four:

500 g (18 oz.) beef tenderloin

half a litre of dry red wine

2 Tbs. oil

1 large onion

1 large bunch of parsley

1 knife-tip of ground bay leaf

salt and ground black pepper to taste

a pinch of sugar

**Directions:** Wash the meat, dab dry, and cut into strips. Peel the onion and slice finely. Heat the oil in a pressure cooker, then lightly brown the onions in the oil. Next add the beef. Fry, stirring continuously, until the meat is a light colour all over. Season with salt and the spices, and pour in the wine. Seal the pressure cooker, and cook for a further 30 minutes on a low heat. Then flavour with a pinch of the sugar and the washed, finely chopped parsley. Bring to the boil and turn off the heat immediately. Serve with dumplings or spaghetti.

■ **Tip:** You can also add in mushrooms, for an even tastier dish.  
*Simple, and quickly prepared.*







## Beef Stew

[photo]

Serves four:

500 g (18 oz.) shin of beef

1 large onion

4 Tbs. oil

2 green (bell) peppers

1 tomato

1 piece of celery root

100 ml (3 1/2 fl. oz.) dry red wine

1 level Tbs. paprika

2 garlic cloves, salt to taste

**Directions:** Wash the meat, dab dry and cut into small cubes. Peel the onion and slice finely, and fry it in the heated oil until it's translucent. Take off the heat and stir in the paprika. Immediately pour in 2 Tbs. water and return the pan to the heat. Add in the meat, and fry until the meat is a light colour all over, stirring continuously.

Add the washed, cored, sliced green pepper and the peeled, grated celery.

Fry together for a few minutes, then pour in a glass of boiling water, cover and simmer. Add boiling water continuously, a little at a time, just as much as is needed to replace the liquid lost. Try to add just a little, so that the meat can cook in its own juices as much as possible. When tender throughout, add the diced tomato, pour in the red wine and add the crushed garlic. Then bring to the boil and simmer until just a little thick liquid remains underneath. Best with *tarhonya* (pasta granules: see introduction) or potato boiled in salted water.

■ **Tip:** very tasty made with tenderloin, too. If you do not have fresh tomato, use 1 tsp. tomato purée.  
**A typical Hungarian dish.**

## Beef with Apple and Horseradish Sauce

Serves four:

600 g (1 lb. 5oz.) beef rump

1 large onion

200 ml (8 fl. oz.) milk

200 ml (8 fl. oz.) sour cream

1 piece of horseradish

1 slightly sour apple

20 g (1/2 oz.) margarine or butter

1 Tbs. flour

1/2 a tsp. ground white pepper

salt to taste

a pinch of powdered/caster sugar

**Directions:** Wash the meat, remove the membrane from the surface, and place in a suitably deep pot. Boil enough water just to cover and add the meat to the water while still on the heat. Place the peeled and quartered onion alongside it, then season with salt and pepper. Cover and simmer until tender throughout. When it has cooled a little, slice.



Take the tender meat out of the water. Add the flour to the melted margarine, heat up to a froth, then add the hot milk and 200 ml (8 fl. oz.) of the meat juices. Bring to the boil, then continue to simmer until it thickens to a sauce, stirring continuously. Then stir in the sour cream and the grated horseradish. Season with salt, flavour with a little sugar, add the peeled, grated apple and the tender meat slices. Bring to the boil and take off the heat immediately.

■ **Tip:** You can serve this with almonds instead of apples in the sauce. Good with potatoes cooked in salted water.

*Simple, but very tasty.*

## Roast Lamb with Garlic

**Serves four:**

1 kg (2 lb. 3 oz.) leg of lamb

5 Tbs. oil • 4 garlic cloves

1 tsp. salt

a few caraway seeds

**Directions:** Wash and dab the meat dry. Rub all over with salt, place in a baking tray or ovenproof dish. Make small slits all over the surface of the meat and push the peeled, sliced garlic in.

Heat the oil in a pan, sprinkle in the caraway seeds and pour over the meat. Carefully pour in a glass of boiling water around the edges. Place in a pre-heated oven and roast on a high heat for 25 minutes, then turn the heat down to medium. Pour the juices over the meat a few times, and turn once. When it has browned nicely and is tender throughout, turn off the heat and leave for another 5 minutes in the oven. Then take it out, cover and leave to stand for 20 minutes. Finally carve. Can be served with any kind of side dish, but salad is a must!

■ **Tip:** Only use young lamb.  
*Traditional ancient dish.*

## Alföldi Mutton Goulash

**Serves four:**

1 kg (2 lb. 3 oz.) mutton on the bone

700 g (1½ lb.) potatoes • 200 ml (8 fl. oz.) red wine

2 medium-sized onions • 1 tomato • 2 Tbs. oil

1 red or green (bell) pepper • 3 garlic cloves

1 Tbs. paprika • a small hot pepper (or chilli)

50 ml (1½ fl. oz.) vinegar • 1 Tbs. salt

**Directions:** Remove the fat from the meat and remove the membrane from the surface also. Place in boiling water and vinegar, then after a further 3 minutes take the pot off the heat and leave to cool. Then rinse the meat several times in clean water and strain. Cut the meat into large, uniformly sized cubes. Peel the potato and cut into strips. Peel the onion and slice finely, then fry the onion in the oil until it's translucent. Take off the heat, stir in the paprika, then immediately pour in 2 Tbs. water and return to the stove.

Place the meat in the onion/paprika oil mixture and sauté on a high heat, stirring. Carefully pour in a small glass of water around the edges. Cover and simmer until tender throughout, stirring frequently. Replace some of the water that boils off with a little boiling water from time to time. Meanwhile season with salt and add the crushed garlic. When the meat is soft, add in the sliced green pepper and the hot and spicy pepper, then the potato. Pour in enough water to cover everything well. Simmer until the potato is cooked throughout, then add the tomato slices and pour in the red wine. Bring to the boil and continue simmering uncovered until just enough liquid remains in the to cover the ingredients. If necessary, add more salt.

■ **Tip:** Don't put in the tomato and wine before the potato has cooked, or the acid will prevent it from cooking properly.

*Original dish from the Alföld (the Great Plain). The herdsmen used to cook it in a large pot in the open.*

## Paprika Rabbit

**Serves four:**

1 kg (2 lb. 3 oz.) rabbit (or hare) on the bone

300 ml (10½ fl. oz.) red wine,

1 large onion

500 g (1 lb.) smoked bacon

2 green (bell) peppers

1 tomato

100 ml (3½ fl. oz.) sour cream

2 garlic cloves

1 tsp. paprika

1 tsp. flour

salt to taste

**Directions:** Wash the meat on the bone, dab dry and cut into small pieces. Slice the onion finely. Cut the smoked bacon into very thin strips, then heat in a pan to sweat out the fat. Leave the crisp bacon in the frying pan, add the onion and fry until it's translucent. Then take off the heat, stir in the paprika and immediately pour in 2 Tbs. water. Return to the heat and add the meat.

Season the meat with salt and fry all the pieces of meat until they are a light colour all over, stirring continuously. Pour in 200 ml (8 fl. oz.) of red wine and 100 ml (3½ fl. oz.) of water, then add the crushed garlic. Cover and simmer until the meat is tender throughout. Replace lost liquid with a little red wine occasionally. When it's almost done, add the cored, sliced green pepper and tomato sliced as circles. Stir the flour and sour cream together until smooth and add to the pan. Bring to the boil, then simmer gently on a low flame for a short while. Serve with "little dumplings" (*galuska*) or potato cooked in salted water.

■ **Tip:** It will be still tastier if you grate a little celery root in with the onion and fry it together with the meat.

*Quickly prepared.*



## Young Hare with Mushrooms

[photo]

Serves four:

The backbone and two large thighs of hare

1 large onion

250 g (9 oz.) wild mushrooms

200 ml (8 fl. oz.) dry white wine

3 Tbs. oil

1 Tbs. tomato purée

1 Tbs. flour

a bunch of parsley

salt and ground pepper to taste

**Directions:** Cut the meat into segments, season with salt, then sauté on both sides in the hot oil. Add the roughly chopped onion, pour in half the wine and an equal quantity of water. Simmer until tender throughout. Slice the mushrooms.

Cook the tender meat until only its juices and no water remains (or all the juices boil off), then remove from the frying pan. Into the same pan pour in the remaining wine mixed with the flour. Add the mushrooms, parsley, salt, pepper and tomato purée. Bring to the boil and simmer for one or two minutes, then cover and cook gently for another ten minutes. Then put the meat back, bring to the boil and continue simmering for another one or two minutes.

■ **Tip:** If you have time, take the meat off the bone, because it's much easier to eat without bones! "Little dumplings" (*galuska*) or other kinds of dumplings make good side dishes.  
*Tasty game dish.*







## Haunch of Venison with Bacon

[photo]

Serves four:

600 g (1 lb. 5oz.) haunch of venison  
off the bone

250 g (9 oz.) mixed vegetables  
(carrots, kohlrabi, turnip  
celery root, green/bell pepper  
or red pepper)

2 oranges

300 ml (10½ fl. oz.) dry red wine

500 g (1 lb.) smoked bacon

1 small onion

3 Tbs. oil

1 Tbs. flour

2 Tbs. redcurrant jam

or cranberry sauce

30 ml (1 fl. oz.) cognac

2 garlic cloves

10 black peppercorns

1 small bay leaf

1 tsp. mustard, 1 tsp. salt

½ a tsp. ground black pepper

lemon juice and sugar to taste

**Directions:** Remove the membrane with a sharp knife from the surface of the venison, leaving the meat in one piece. Cut the smoked bacon into small strips. Make slits all over the surface of the venison, and push the bacon strips into these slits. Fry the venison in the heated oil on all sides. Remove from the frying pan and leave to one side.

Sauté the cleaned, finely sliced vegetables, onion and garlic in the remaining fat, then sprinkle in the spices and continue to fry. When no extra water remains, sprinkle in the flour and continue to brown while stirring. Add the sugar. Continue until the vegetables are nice and brown. Wash the oranges and wipe dry, then grate the zest into the pan. Squeeze the oranges and tip in the juice, together with the lemon juice and the red wine. Bring to the boil while stirring quickly, then add the venison. Cover and simmer, turning the meat

frequently, until tender throughout. If the juices boil off before the meat is done, replace with a little boiling water. When the meat is done, take it out of the sauce and let it stand for 15 minutes. Meanwhile add the redcurrant jam and the mustard to the remaining sauce and continue simmering for one or two minutes. If too thick, dilute with a little water and press through a strainer. Stir the cognac into the sauce. Slice the meat and add it back, bringing to the boil again briefly.

■ **Tip:** Try not to allow any of the pith of the orange into the mix, or it will turn bitter!

*One of the most famous Hungarian game dishes.*







## Young Boar with Red Cabbage

[photo]

Serves six:

1 kg (2 lb. 3 oz.) leg of young boar

250 g (9 oz.) mixed vegetables

(carrots, kohlrabi, turnip, celery root, green/bell pepper or red pepper)

1 onion • 3 Tbs. oil

200 ml (8 fl. oz.) red wine

2 garlic cloves

1 bay leaf • thyme • marjoram

ground pepper to taste

for the garnish:

1 kg (2 lb. 3 oz.) red cabbage

500 g (1 lb.) smoked bacon

2 slightly sour apples

salt and sugar to taste

**Directions:** Wash the meat, dab dry, season with salt and fry on all sides in the hot oil. Take out of the frying pan and leave to one side.

Add the cut up onion, vegetables and garlic to the same pan. Sprinkle with the spices and pour in the wine. Bring to the boil, then add the meat back so it cooks with the vegetables. Cover and simmer until tender throughout. Before it's done, take the meat out of the frying pan again and simmer the remaining vegetable and meat juices to a paste. Simmer the meat in the vegetable paste until done. If the juices boil away before the meat is fully cooked, replace from time to time with a little boiling water. While the meat is cooking, prepare the garnish: cut the cabbage into strips and season with salt. Finely chop the smoked bacon and brown in its own fat, then fry until translucent. Finally stir in the cut up apple and the sugar. Carve the cooked meat and serve with the apple and cabbage mixture.

■ **Tip:** You can cook the meat with wild mushrooms too, for a very aromatic, tasty dish.

*Absolutely delicious.*

## Wild Boar with Horseradish

Serves four:

600 g (1 lb. 5oz.) shoulder of boar

500 g (18 oz.) mixed vegetables

(carrots, kohlrabi, turnip, celery root, green/bell pepper or red pepper)

1 onion

1 piece of fresh horseradish

10 crushed (but not finely ground)

black peppercorns

1 small piece of bay leaf

4 crushed juniper berries

salt to taste

**Directions:** Remove the membrane from the surface of the meat. Thoroughly clean the vegetables and cut into thick strips. Pour 1½ litres (53 fl. oz.) water into a suitably sized pot, sprinkle in all the spices and add the washed, unpeeled onion. Bring to the boil.

When the water has reached boiling point, carefully lower in the meat and simmer until tender throughout. When it's almost done, add the vegetables. While the meat is cooking, clean and grate the horseradish. When the meat is finally tender, strain off the juices (at this point discard the onion). When serving place the meat in a deep dish with the vegetables, pour a little of the stock over it and generously sprinkle the grated horseradish on top. Serve with buttered parsley potatoes.

■ **Tip:** You can make this with any other type of game.

*Simple and tasty.*



## Leg of Boar with Mustard

Serves four:

700 g (1½ lb.) leg of boar

for the marinade:

200 ml (8 fl. oz.) rosé

100 ml (3½ fl. oz.) oil

2 Tbs. hot mustard

3 bay leaves

1 tsp. dried thyme

ground black pepper to taste

to fry:

3 Tbs. oil

3 Tbs. flour

1 tsp. dried thyme

ground black pepper

and salt to taste

**Directions:** Remove the membrane from the surface of the meat, wash, dab dry and slice. For the marinade, pour the oil into the wine, add the torn up bay leaves and the rest of the spices, then bring to the boil for a moment. When this has cooled, pour over the meat slices. Cover and leave in the refrigerator for at least three days, turning the meat a few times.

Remove the meat from the marinade, season with salt and coat in flour while still damp. Heat the oil in a frying pan and quickly sauté the meat slices on both sides. Then pour on the marinade, cover and simmer on a low heat until tender throughout. Turn over from time to time. When the meat is done, remove from the frying pan. Cook the remaining juices to a sauce to pour in around the meat slices. Potato croquettes make a good side dish.

■ **Tip:** Medium-dry red wine is very good instead of rosé, in which case use less mustard! The meat will only become tender if it has been well marinated.

*Easily prepared.*









*Savoury pasta  
and pastries*



## Goose Crackling Pogácsa

(Savoury Scones)

[photo]

Serves four:

200 g (7 oz.) goose skin with its fat

350 g (12½ oz.) flour

100 ml (3½ fl. oz.) milk

20 g (¾ oz.) yeast

2 egg yolks

2 Tbs. sour cream

1 tsp. sugar

1 tsp. salt

a pinch of ground black pepper

for the savoury scone topping: 1 egg

**Directions:** Pour the warm milk into a large mug, stir in the sugar and the crumbled yeast. Leave it to rise in a warm place (approximately 10 minutes). Meanwhile mince the goose skin. Put the flour in a deep dish, and work together with the minced goose skin, the raised yeast, sour cream, egg yolks, salt and pepper. Knead until you have a smooth dough.

Immediately roll the dough out on a floured board. Fold twice over (to give 4 times the thickness) and leave for 30 minutes. Repeat this process twice (so that you do it three times in all), leaving the dough to stand for 30 minutes each time. Finally roll out with a 1½ to 2 cm (½-¾ inch) thickness and cut out into small scone-sized lumps (the size of a small potato). Coat the tops with beaten egg and scratch the tops with a fork. Bake in a pre-heated oven on a medium heat for approximately 25-30 minutes.

■ **Tip:** It's worth making twice as much savoury scone mix as you need because it can be frozen. Take out of the freezer about one hour before baking. Cut out the scones half an hour before baking.

*Needs some work, but delicious.*



## Cheese Sticks

Makes 1 kg (2 lb. 3 oz.):

250 g (9 oz.) margarine • 250 g (9 oz.) flour

350 g (12.5 oz.) grated cheese

(the more types, the tastier)

3 egg yolks • 4 garlic cloves

1 tsp. baking powder

1 tsp. salt, ½ a tsp. paprika

½ a tsp. ground black pepper

50 ml (1½ fl. oz.) milk for the topping

**Directions:** Put the sliced margarine, flour and 250 g (9 oz.) grated cheese into a mixing bowl. Crumble together, then add the egg yolks, salt, paprika, garlic and ground pepper. Knead everything until it's stiff and holds together. Form a large loaf from it with floured hands, wrap in aluminium foil and put in the refrigerator overnight.

Next day, roll out the dough on a floured board to a thickness of 2 mm (a twelfth of an inch). Brush the top

with milk, then sprinkle on the remaining grated cheese. Cut out long, thin uniformly sized strips with a flour coated pastry cutter. Use a flat wide bladed knife or spatula to carefully transfer the strips to a baking tray or ovenproof dish. Lay them out a little distance from each other, to prevent them sticking together when baking. Place in a pre-heated hot oven and bake to a golden brown. Remove from the baking tray while still hot and lay out on a large tray to cool as quickly as possible. They brown very quickly, so do not leave them unattended. If they turn darker brown, they go bitter! A baking tray of dough browns in 7-9 minutes. The amount described here will need approximately 3 large baking trays.

■ **Tip:** This cheese pastry can stay fresh for up to 2 months in an airtight container or a dish tightly sealed with aluminium foil.

*Quick to prepare.*





## Fried Cabbage Dough

[photo]

Makes 12-14 pieces:

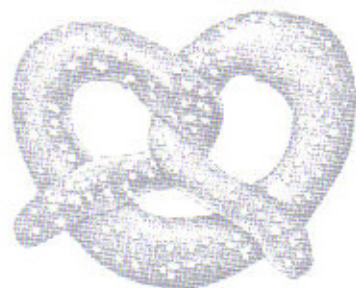
400 g (15 oz.) fine flour  
2 medium-sized boiled potatoes  
300 g (11 oz.) white cabbage  
30 g (1 oz.) fresh yeast  
1 Tbs. sugar  
100-150 ml (3½-5 fl. oz.) milk  
4 Tbs. oil  
1 egg yolk  
1 tsp. salt  
½ a tsp. ground black pepper  
oil to fry

**Directions:** Clean the cabbage and grate. Sauté in the hot oil, then flavour with a little of the sugar, pepper and salt. Leave to cool down. Meanwhile pour 50 ml (1½ fl. oz.) warm milk into a half-litre (approximately 18 fl. oz.) bowl. Stir in half a dessertspoon of sugar and the crumbled yeast. Leave to stand in a warm place until the yeast floats to the top of the bowl. Mash the boiled potatoes.

Work the potato together with the flour, sautéed cabbage and egg yolk, then add the raised yeast. Pour on enough of the warm milk so that the dough is medium firm. Work together thoroughly (this is quick and easy with a food processor), then form loaves from the mixture. Place in a large floured dish. Dust the top with flour, and cover with a clean cloth. Leave to expand to double its volume, then roll out on a floured board to a finger's thickness. Pull off handfuls with oily

hands and fry in plenty of hot oil until light brown.

■ **Tip:** When you take the dough out of the oil, drain it and place on a paper towel to absorb the excess oil. *Needs some work, but extremely tasty.*





## Cheese Roll

[photo]

Serves four:

1 packet frozen puff/flaky pastry dough  
(500 g/18 oz.)  
50 g (1½ oz.) butter • 300 ml (10½ fl. oz.) milk  
3 Tbs. flour • 3 egg yolks • 1 garlic clove  
100 g (3½ oz.) grated Emmentaler cheese  
1 bunch of chives (or 1 tsp. grated onion)  
salt and ground white pepper to taste

**Directions:** For the filling heat the butter and the flour up to a froth, then pour in the hot milk. Add the spices and, stirring continuously, heat until so that it's thick enough to come away from the sides of the pan. Stir in half the grated cheese, take off the heat, and add the egg yolks. Beat well and refrigerate.

Roll the defrosted pastry dough out thinly on a floured board. Cut into strips approximately 20 cm (8 inches) long and 2 cm (½ inch) wide. Roll these onto 1½ cm (½ inch) diameter, steel or tin rolling tubes (dampened), and place in a baking tray or oven-proof dish. Bake in a pre-heated oven on a low heat. Take the rolls off the tubes while still hot. When cool, fill with the cheese cream and dip the two ends of each in the remaining grated cheese.

■ **Tip:** The more different types of cheese you put in the filling, the tastier it is.

*Needs work, but makes very good savoury snacks (especially with beer).*

## Spicy Cheesecake

Serves eight:

Approximately 1 kg mild cheddar cheese  
150 g (5 oz.) butter  
100 g (3½ oz.) grated Roquefort (blue cheese)  
100 g (3½ oz.) cottage cheese  
100 g (3½ oz.) smoked ham  
500 g (1 lb.) ground walnuts  
3 Tbs. cherries without the stones  
(or preserved cherries)



100 ml (3½ fl. oz.) sour cream  
1 tsp. freshly grated horseradish  
2 large bunches of chives  
1 garlic clove • 1 Tbs. beer  
1 tsp. paprika • ½ a tsp. ground black pepper  
1 knife-tip of ground white pepper  
1 knife-tip of caraway seeds • salt to taste

**Directions:** Remove the rind, if any, from the cheese. Cut 6½ cm (½ inch) thick slices from it (wrap the rest in foil, and keep in the refrigerator). Beat the grated Roquefort with half the butter, the crushed garlic, salt and white pepper. Chop the smoked meat very finely and mix together with 30 g (1 oz.) butter, 1 Tbs. sour cream and the grated horseradish. Break up the cottage cheese and work together with the remaining sour cream, beer, salt, pepper and paprika. Finally beat together the remaining butter, the finely sliced chives, salt and pepper. (In total you have prepared 4 different creams.) Spread half the Roquefort cream thickly on a cheese slice and

stud with cherries. Place the second cheese slice on top and coat with the chives and butter. Place the third cheese slice on this and spread on the cottage cheese and paprika cream. Add a fourth slice coated with the remaining Roquefort cream, sprinkled with ground walnuts. On top of this place the fifth cheese slice and coat with the ham cream. Top off with the sixth and final slice. Squeeze the whole thing together a little, to get rid of any trapped air, and wrap in aluminium foil or greaseproof paper (wax paper). Leave to set for at least a day in the refrigerator. Before serving sprinkle two or three Tbs. grated cheese on top. Cut the cake into slices. Serve with chilled tartare sauce.

■ **Tip:** For those who like hot and spicy food, add a little spicy pepper purée to the spiced cheese as well! Dry white wine goes well with this, but champagne is hard to beat!  
*Needs a little work, but it's worth it.*





## Kifli (Hungarian Croissant) Stuffed with Ham

[photo]

Makes enough for one large baking tray:

1 packet (500 g/18 oz.)  
frozen puff/flaky pastry dough  
250 g (9 oz.) smoked ham  
1-2 Tbs. thick sour cream  
1 tsp. mustard  
salt and ground black pepper to taste  
for the topping  
1 egg  
3 Tbs. milk

**Directions:** Mince the ham twice. Sprinkle with ground pepper and a pinch of salt, then mix together with enough mustard and sour cream to make a spreadable cream.

Roll out the defrosted puff/flaky pastry mix very thinly, and cut out triangles no bigger than your palm. Coat each one with the ham cream, then roll into crescents. Put them on a baking

sheet (not too close to each other), put all of the egg on top and bake in a pre-heated oven for 12-15 minutes on a low heat.

■ **Tip:** You can also make this with cheese cream or mushroom cream.  
*Quick and simple.*

## Cottage Cheese Pogácsa (Savoury Scones)

Makes enough for one large baking tray:

200g (7 oz.) flour  
200g (7oz.) butter  
200g (7 oz.) cottage cheese  
1 egg  
a small bunch of dill  
½ a tsp. salt  
½ a tsp. ground black pepper  
for the topping:  
1 egg

**Directions:** Crumble together the butter, flour, egg and cottage cheese. Add

the finely chopped dill, salt and ground pepper, then knead to a smooth dough. Leave in the refrigerator for at least one night.

Roll out the mixture on a floured board to half a finger's thickness. Tear off small scone sized pieces (the size of a small potato) and top these off with the beaten egg. Bake in a pre-heated oven until brown.

■ **Tip:** You can make this with margarine instead of butter. Instead of fresh dill you can also use dried dill.  
*Very simple.*







## Mushroom Pockets

[photo]

Makes enough for one large baking tray:

500 g (18 oz.) buttered puff/flaky pastry dough  
150 g (5 oz.) mushrooms  
1 small onion  
a bunch of parsley  
1 Tbs. oil  
1 egg yolk  
1-2 tsp. breadcrumbs  
1 garlic clove  
salt and ground black pepper to taste

**Directions:** Clean the mushrooms and peel the onion. Heat the oil in a pan and add the very finely chopped onion. Season with salt and fry for a few minutes. Then add the very finely chopped (or minced) mushrooms and add pepper. Cover and sweat until soft. Then with the lid off, continue cooking until no water remains, only the juices. Meanwhile add the washed, finely sliced parsley and the peeled, crushed garlic. Leave to cool, then stir

in the egg yolk. Add enough bread-crumbs to make it fairly firm, but still spreadable.

Roll out the defrosted puff/flaky pastry dough thinly on a floured board. Cut out circles with the floured rim of a glass. Put a dollop of mushroom cream in the middle of each circle, then fold into "parcels" like filled cookies. Press the edges together so that the filling cannot fall out. Place on a baking sheet, not too close to each other. Bake in a pre-heated oven until nice and golden brown. Remove from the sheet while still hot.

■ **Tip:** Excellent for guests with wine or beer.

*Quick and substantial.*

## Layered Mushroom Crepes

[photo]

Serves six:

For the pancake mix:

200g (7 oz.) flour  
250 ml (9 fl. oz.) milk  
250 ml (9 fl. oz.) soda water  
2 eggs, 50 ml (1½ fl. oz.) oil  
a pinch of salt  
1 tsp. powdered/caster sugar

for the filling:

250 g (9 oz.) mushrooms  
200 ml (8 fl. oz.)  
kefir or thinned yoghurt  
100 g (3½ oz.) grated  
Emmentaler cheese  
1 onion  
1 egg  
2 Tbs. oil  
a bunch of parsley  
salt and ground black pepper to taste

**Directions:** Beat the egg and a little milk together in a mixing bowl. Then



stir in the flour a little at a time. Add the rest of the milk, the salt, sugar and oil. Beat thoroughly with a whisk. Then pour in the soda water. (To gain some time you can blend all the ingredients in a blender for one or two minutes.) Leave the pancake mix to stand for at least one hour. Meanwhile clean and slice the mushrooms and finely chop the onion and parsley. Put a small spoonful of the pancake mixture into a well-heated frying pan to see if the mix will flow around easily in it. The mixture should have the consistency of sour cream. If it's too thick, dilute with a little soda water, if too weak, thicken with a little flour. Coat the frying pan evenly with a thin layer of mix. Brown the bottom half on a medium heat for one or two minutes, then turn over with a metal spatula. Brown the other side and slide on to a dish. Make 12-14 pancakes like this.

Fry the onion in the oil until it's translucent. Add the mushrooms, season with salt and pepper. Cover and sweat in their own juices until soft. Then, with the lid off, continue cooking until no water remains, only the juices. When cooled a little, stir in the kefir and the beaten egg. Put one pancake in a round ovenproof dish, coat this with the egg and mushroom and sprinkle on a little grated cheese. Place another pancake on top. Continue layering like this for as long as the ingredients last. Top with grated cheese, then heat through well in a hot oven but do not brown. Serve cut into sections.

■ **Tip:** It's also worth making layered pancakes with any leftover unfilled pancakes. Eight pancakes are enough for four people with any type of filling. *Needs a little work.*





## Cabbage Crepes

[photo]

Serves six:

500 g (18 oz.) white cabbage

50 ml (1½ fl. oz.) oil • 1 Tbs. sugar

salt to taste • ½ a tsp. ground black pepper

for the pancake mix:

200g (7 oz.) flour • 200 ml (8 fl. oz.) soda water

2 eggs • a little salt • 50 ml (1½ fl. oz.) oil

**Directions:** Clean the cabbage, grate or slice finely. Season with salt and stir well, so that the salt is distributed evenly. Leave for 15 minutes, then place in a pan. Pour in the oil, cover and sweat until soft throughout. Then, with the lid off, continue cooking until no water remains, only the juices. Sprinkle in the sugar and brown lightly. Meanwhile, sprinkle in the ground pepper. Prepare the pancake mix as directed in the previous recipe with the beaten egg, flour, soda water, salt and oil.

After the fried cabbage has been left to cool a little, stir half of it into the pancake mix and make pancakes that are a little thicker than usual. Cook the pancakes until they can be turned. Spread the remaining cabbage on each pancake and roll up. Place in an oven-proof dish. Warm through. Before serving heat the covered dish up well in a hot oven.

■ **Tip:** You can make this by mixing all the fried cabbage into the uncooked mix, then coating the cooked pancakes with a little sour cream, folding them twice over (to give 4 times the thickness) and heating through in an ovenproof dish.

*Needs a little work.*

## Cottage Cheese Pasta

Serves four:

250 g (9 oz.) torn up lasagne pasta

250 g (9 oz.) cottage cheese

200 ml (8 fl. oz.) sour cream

500 g (1 lb.) smoked bacon

salt to taste



**Directions:** Cook the pasta in salted water in the usual way, then rinse in hot water and drain. Meanwhile slice the smoked bacon very finely and heat in a pan to sweat out the fat. Break up the cottage cheese. Put the bacon fat in an ovenproof dish, then pour in 100 ml (3½ fl. oz.) sour cream and add the cooked pasta. Mix the sour cream and the pasta well and sprinkle in the cottage cheese. Pour on the remaining sour cream, sprinkle in the crisp bacon and place in a pre-heated oven. Brown for 5-6 minutes on a high heat and serve on warm plates.

■ **Tip:** Instead of bacon you can use 3 Tbs. oil. For those who really like smoky flavours, season the pasta with smoked salt!

*Traditional Hungarian-style dish.*

## Mushroom Cream Vermicelli

Serves four:

250 g (9 oz.) vermicelli • 1 tomato

250 g (9 oz.) mushrooms • 1 small onion

2 green (bell) peppers • ½ a tsp. basil

100 ml (3½ fl. oz.) cream • bunch of parsley

3 garlic cloves • ½ a tsp. dried rosemary

ground black pepper • salt to taste • 4 Tbs. oil

**Directions:** Cook the pasta in salted water in the usual way, then rinse in hot water and drain, keeping it hot. While the pasta is cooking, chop the onion finely, dice the green pepper, clean and chop the mushrooms. Slice the tomato.

Heat the oil and sauté the onion until golden, season with salt and add the



mushroom slices. Sprinkle in the ground pepper, cover and sweat in their own juices until soft. When no water remains, only the juices, add the diced green pepper. Sprinkle in all the spices, finally adding the tomato. Cover and cook gently until the green pepper is soft. At this point stir in the cream, bring to the boil and then simmer gently for a couple of minutes. Stir the cooked pasta into the mushroom sauce and bring to the boil, then take off the heat. When serving sprinkle generously with finely chopped parsley.

■ **Tip:** You can make this with sour cream instead of cream, but if so do not boil!

*Quickly prepared.*

## Cabbage with Pasta Squares

**Serves four:**

500 g (18 oz.) white cabbage

250 g (9 oz.) large pasta squares

50 ml (1 1/2 fl. oz.) oil • 1 Tbs. sugar

1/2 a tsp. ground black pepper • salt to taste

**Directions:** Cook the pasta in the usual way, in boiling salted water, then rinse in hot water and keep hot. Meanwhile remove the dry outer leaves from the cabbage and grate, or slice very finely. Place in a deep pan, season with salt, stir well and leave for 20 minutes.

Pour the oil over the grated cabbage, cover the pan and cook the cabbage in its own juices until there is no water left but it has not disintegrated. Stir a few times. Then sprinkle in the sugar and ground pepper and sauté on a high heat until it's nice and brown. Stir the pasta well into the fried cabbage and place in a pre-heated oven to make a light crust on the top.

■ **Tip:** Put 1/2 a tsp. oil into the pasta water, so that the pasta does not stick together while cooking.

*A traditional dish.*

## Cottage Cheese Dumplings with Dill

**Serves four:**

500 g (18 oz.) cottage cheese

400 ml (14 fl. oz.) sour cream

2 eggs

2 Tbs. flour

80 g (3 oz.) semolina

30 g (1 oz.) butter

2 large bunches of dill

salt and sugar to taste

**Directions:** Break up the cottage cheese. Add the beaten egg, flour, semolina, the finely chopped dill, salt and pinch of sugar. Stir together thoroughly and leave for at least one hour.

Roll the dough into walnut-sized balls with wet hands. Simmer in salted water for about 15 minutes, and place in an ovenproof dish. Stir the remaining finely sliced dill and melted (not hot) butter into the sour cream. Season with salt and pour over the cheese balls. Place in a pre-heated oven and cook until the sour cream topping starts to brown.

■ **Tip:** You can make a sweet version of this, with more sugar and 50 g (1 1/2 oz.) sultanas.

*A very tasty traditional dish.*



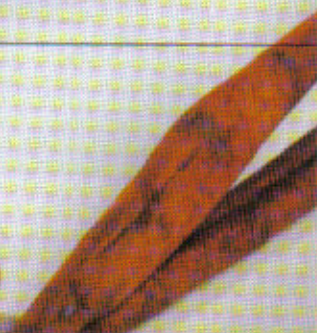








*Sweet  
pastries,  
desserts*









## Fruit Cake

[photo]

Serves eight:

500 g (18 oz.) half-fat cottage cheese

200g (7 oz.) angel hair pasta

250 g (9 oz.) mixed

cut-up fruit (tinned or preserved fruit

is good too)

400 ml (14 fl. oz.) sour cream

4 eggs, 100 g (3½ oz.) sultanas

100 g (3½ oz.) margarine

100 g (3½ oz.) powdered/caster sugar

2 packets (4 or 6 layer) strudel pastry

2 tsp. vanilla sugar (or vanilla extract)

the grated zest of half a lemon

1 tsp. salt

**Directions:** Open the packet of pastry, and place in a medium-sized, deep baking tray, turning the dough up around the edges of the tray. Pour a little melted margarine over the dough. Break the angel hair pasta up into small bits and cook it in salted water and keep hot. Break up the cottage cheese. Stir the egg yolks with 50 g (1½ oz.) melted margarine, powdered/caster sugar, vanilla sugar, grated lemon zest and sour cream together until smooth. Beat the egg white until it's firm. Chop the fruit finely and drain.

Mix the cooked pastry with the egg and cottage cheese cream, fruit and egg white. Put everything in the pastry-lined baking tray, smooth off the top. Cover it with the second packet of pastry, into which you've also poured a little melted margarine. Heat in a pre-heated oven until brown. Cut into squares, dust with a little powdered/caster sugar and serve.

■ **Tip:** Tastiest with apricots, cherries, plums and peaches. If there are leftovers, they will keep for up to two days in the refrigerator.

*Simple and quick to prepare.*

## Chestnut Crepes

Serves four:

8 pre-cooked

unfilled pancakes

150 g (5 oz.) chestnut cream

50 ml (1½ fl. oz.) milk

1 tsp. apricot jam

for the sauce:

100 g (3½ oz.) chestnut cream

200 ml (8 fl. oz.) cream

100 ml (3½ fl. oz.) milk

1 Tbs. cocoa powder

1 tsp. corn flour/cornstarch

1 packet (10 g) of vanilla sugar

a little powdered/caster sugar to taste

a pinch of salt

**Directions:** For the pancake filling, stir the chestnut cream together with the milk and apricot jam until smooth. Then spread the filling on the pancakes, roll them up tightly and place them side by side in a long oven-proof dish or baking tray.

Pour the cream, milk, corn flour, cocoa powder, pinch of salt and crumbled chestnut cream into a blender. Sweeten with enough powdered/caster sugar and vanilla sugar to give a pleasant but not sickly-sweet taste. Blend until the mixture has an even texture. Bring to the boil, stirring continuously, so that it will not burn. When it has thickened well, pour over the pancakes and place in a pre-heated oven on a medium heat. Just heat through but do not brown.

■ **Tip:** You can vary the taste of the chestnut filling by mixing with cherry jam or fresh cherries blended to a purée. The taste of piquant fruit always goes well with this dish!

*Very tasty and inexpensive.*

## Fruit Parfait

Serves eight:

250 g (9 oz.) of any type of in season fruit

300 ml (10½ fl. oz.) cream

100 ml (3½ fl. oz.) sour cream

150-200g (5½-7 oz.) powdered/caster sugar

the juice of half a lemon

½ a tsp. grated lemon zest

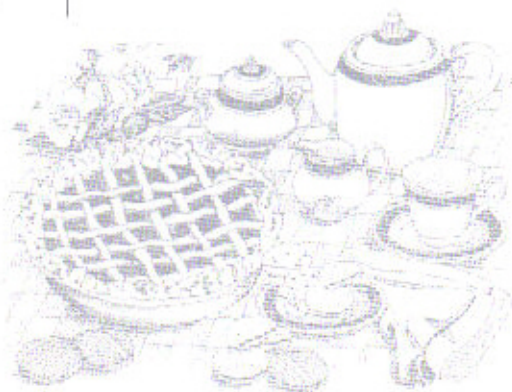
a pinch of salt

**Directions:** Purée the washed, cut-up fruit (minus the stones) in a blender. Mix the sour cream together with the sugar, lemon juice, grated lemon zest and salt, then combine with the fruit purée. Beat the cream until firm.

Stir the fruit mixture together with the cream. Line a long corrugated pâté mould with greaseproof (wax) paper. Pour the mix into the dish. Hit the bottom of the mould to compact the mixture and push out all the air. Cover and place in the deep freeze. Before serving, remove the greaseproof paper and slice with a knife dipped in boiling water.

■ **Tip:** If you do not have fresh fruit this is also good with jam. In this case use less sugar.

*Quick to prepare.*







## Marrow Poppy-seed Strudel [photo]

Serves four:

- 1 packet of 6 layer strudel pastry
- 100 g (3½ oz.) ground poppy-seeds
- 400 g (15 oz.) sliced marrow
- 100 g (3½ oz.) powdered/caster sugar
- 3 Tbs. honey
- 50 g (1½ oz.) butter
- 100 ml (⅓ fl. oz.) sour cream
- 1 egg
- the grated zest of 1 lemon
- a pinch of salt

**Directions:** Mix the ground poppy-seeds together with the sour cream, honey, grated lemon zest, powdered/caster sugar and salt, then add the sliced marrow. Mix together thoroughly and taste to see if it's sweet enough. This dish is only good if it's sweet!

Pour a little melted butter on three sheets of the strudel pastry (stacked one on top of the other) and coat the

entire surface with beaten egg. Spread on half the marrow and poppy-seed filling, roll up and place on a greased baking sheet. Prepare the other strudel in the same way. Pour the melted butter over both and bake on a medium heat in a pre-heated oven.

■ **Tip:** Very good with baked marrow too, in which case mash the pre-baked marrow with a fork and stir in the rest of the filling.

*The oldest Hungarian pastry.*



## Frank Style Thick Crepes

Serves four:

For the pancake mix:

- 300 ml (10½ fl. oz.) milk
- 4 eggs, 4 heaped Tbs. flour
- 4 Tbs. oil
- 50 ml (1½ fl. oz.) soda water
- a pinch of salt

for the filling:

- 500 g (18 oz.) slightly sour apples
- 2 Tbs. apricot jam
- 500 g (1 lb.) ground almonds
- 1-2 Tbs. powdered/caster sugar to taste
- 30 ml (1 fl. oz.) rum

**Directions:** Beat the egg yolks, then mix with the salt, flour, milk, soda water and oil. Then beat the egg whites until stiff and combine with the yolk mixture. Leave the mixture in the refrigerator for 10 minutes. Meanwhile prepare the pancake filling. Peel, core and grate the apple. Stir together with the apricot jam, ground almonds, rum and enough





powdered/caster sugar to give a pleasant, but not too sweet taste.

Bake the pancakes on one side in an oiled pancake mould, then put them one at a time in a round ovenproof dish with the uncooked side uppermost. Spread a little of the apple and almond filling on the first pancake, then place a pancake on top. Continue layering for as long as the ingredients last. On the very top you should have a pancake with the cooked side facing upwards. Heat through in a pre-heated oven.

■ **Tip:** Delicious hot or cold. Do not keep in the refrigerator—eat the same day!



## Cherry Strudel

[photo]

Makes 2 strudels:

- 1 packet of 6 layer strudel pastry
- 1 kg (2 lb. 3 oz.) cherries
- 100-150 g (3½-5 oz.) sponge cake mix
- (or broken up ladyfingers
- dry sweet tea biscuits or zwieback)
- 3 Tbs. oil, 1 tsp. ground cinnamon
- ½ a tsp. ground cloves
- sugar to taste
- for the topping:
- 1 egg

**Directions:** For the filling, wash the cherries, remove the stones and put them together with their juice into a pan. Simmer gently on a low heat, stirring continuously. Cook just enough so that a little juice is released from the cherries. Then take off the heat and stir in the spices and sugar. Add in enough sponge mix to absorb the juice. Chill.

Separate out the strudel pastry sheets and coat each one in oil. Place three together, one on top of the other. Take half the filling and spread it evenly in a strip along one edge of the top pastry sheet. Roll the sheets up tightly and place the roll on a baking tray. Spread the oil mixed with the beaten egg on top. Prepare the second roll in the same way and place in a pre-heated oven. Bake on a medium heat.

■ **Tip:** Only cut up the cooked strudel when it's cool. You can make this with frozen cherries instead of fresh cherries, or even preserved cherries. It's even tastier if you use some ground walnut in place of half the sponge mix.

*A traditional Hungarian pastry.*



## Apple Pie

Makes enough for one large baking tray:

500 g (18 oz.) flour • 250 g (9 oz.) margarine

200 ml (8 fl. oz.) sour cream

500 g (1 lb.) powdered/caster sugar

1 whole egg • 1 egg yolk

1 tsp. baking powder

a pinch of salt

for the filling:

1 kg (2 lb. 3 oz.) apples

200g (7 oz.) apricot jam

100 g (3½ oz.) sultanas

4-5 Tbs. breadcrumbs

the juice and grated zest of 1 lemon

powdered/caster sugar to taste

1 tsp. ground cinnamon

**Directions:** Sift the flour into a deep dish. Sprinkle the powdered/caster sugar, salt and baking powder into the middle. Add the sliced margarine and add the sour cream and egg. Knead everything together well and form into a large loaf. The dough is a little sticky, so work with floured hands. Dust the loaf with flour, wrap in greaseproof (wax) paper and leave in the refrigerator for 1-2 hours. Meanwhile wash, core and grate the apple, then mix together with the jam, sultanas, lemon juice, grated zest, cinnamon and powdered/caster sugar. Sprinkle on 2 Tbs. breadcrumbs and stir together well.

Cut out one large and one small piece of dough on a floured board. Put the larger piece into a large baking tray. Sprinkle the remaining breadcrumbs on the filling to absorb the juices. Spread the grated apple evenly on the dough. Cover with the smaller piece of dough. Press it down lightly. Coat the top with a little milk and prick with a fork. Bake on a medium heat in a pre-heated oven. Serve cut into squares.

■ **Tip:** It's even tastier if you mix milk with chestnut cream, spread it on the dough and then cover this with the apple filling.

*Substantial and tasty.*

## Tyrolean Chestnut and Apple Strudel

Makes 2 strudels:

500 g (18 oz.) frozen puff/flaky pastry dough

250 g (9 oz.) chestnut cream

500 g (18 oz.) peeled

grated apples

100-150 g (3½-5 oz.) powdered/caster sugar

(the amount depends on the sweetness of the apples)

200 ml (8 fl. oz.) milk

1 egg

50 g (1½ oz.) butter

2 Tbs. rum

a pinch of salt

for the topping:

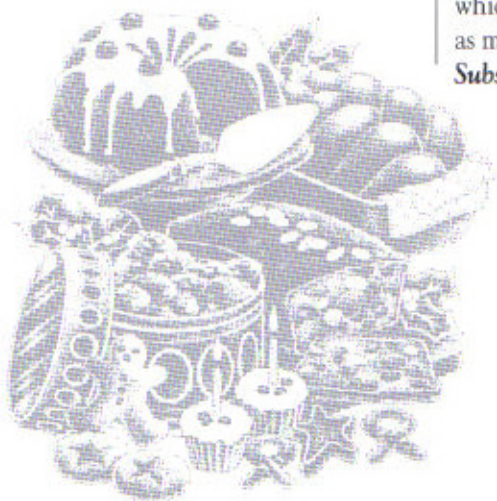
1 egg

**Directions:** Beat the chestnut cream with the beaten egg and enough milk to make a spreadable but not too weak cream. Stir in the sugar, rum, a pinch of salt and the grated apple.

Roll out the defrosted pastry dough on a floured board and roll out thinly. Spread filling in a stripe along one edge and roll up. Cut the long rolls in half and place on a baking sheet. Coat the top with beaten egg and heat until brown in a pre-heated oven. Slice while still hot.

■ **Tip:** Do not re-freeze defrosted dough!

*Needs some work.*



## Plum Tart

[photo]

Makes enough for one baking tray:

800 g (1½ lb.) plums

400 g (15 oz.) flour

150 g (5 oz.) margarine

100 g (3½ oz.) powdered/caster sugar

100 g (3½ oz.) sliced almonds

100 g (3½ oz.) granulated sugar

100 ml (3½ fl. oz.) sour cream

2 egg yolks

20 g (½ oz.) yeast

a pinch of salt

**Directions:** Crumble the flour in a deep dish together with the cut up margarine, then add the broken up yeast, egg yolks, salt, powdered/caster sugar and sour cream. Work everything together thoroughly. Place the dough in a baking tray greased with margarine. Set to one side. Wash, drain and stone the plums.

Spread the plums out evenly on the dough. There should be only one layer! Sprinkle the almonds and the sugar over the plums. Leave to stand in a warm place (but not next to the cooker) for half an hour. Then bake in a pre-heated oven on a medium heat for 45 minutes. Cut into cubes while still hot, but serve only when it has cooled completely.

■ **Tip:** Greengage plums or firm apricots are very good instead of plums. The uncooked dough can be frozen, which is why it's worth making twice as much as is needed.

*Substantial and simple.*







## Apricot Pudding

Serves four:

250 g (9 oz.) apricots  
200 ml (8 fl. oz.) breadcrumbs  
125 ml (4 1/2 fl. oz.) milk  
2 eggs  
2 heaped Tbs. sugar  
25 g (1 oz.) butter  
2 Tbs. apricot jam  
3 Tbs. apricot pálinka (apricot brandy)  
a pinch of salt  
for the base:  
20 g (1/2 oz.) butter and a little flour

**Directions:** Sift the breadcrumbs and pour the milk over them, then leave for half an hour. Meanwhile wash the apricots, drain, remove the stones and quarter. Grease a pudding mould with butter and dust with a little flour.

Beat the egg yolks with the sugar, then add the melted (but not hot) butter and the soaked breadcrumbs. Season with salt. Then add the apricots to the mixture and carefully stir in the beaten egg. Put the mixture in the mould and smooth off the top. Put the mould in a baking tray of water, place in a pre-heated oven and steam. It is ready when you can pierce it with a cooking needle, and withdraw it without the dough sticking to it. Meanwhile, prepare the sauce. Stir the apricot jam together with the pálinka (and 1-2 Tbs. water if necessary). Put the pudding base on a hot dish and pour on the jam sauce.



## Chocolate Cream Puff

Makes enough for 1 baking tray:

For the mix: 200g (7 oz.) flour  
200 ml (8 fl. oz.) water  
100 g (3 1/2 oz.) margarine • 5 eggs, 1/2 a tsp. salt  
for the chocolate cream:  
300 ml (10 1/2 fl. oz.) cream • 1 Tbs. cocoa powder  
100 g (3 1/2 oz.) powdered/caster sugar  
50 g (1 1/2 oz.) grated dark chocolate  
2 packets of cream setting powder

**Directions:** For the filling, stir the sugar and cocoa powder into 50 ml (1 1/2 fl. oz.) cream. Heat, stirring until the sugar has dissolved in the cream and the cocoa powder has blended in without lumps. Chill. Then beat the rest of the cream to a semi-stiff consistency, add the setting powder, grated chocolate and the warm cocoa. Continue beating until the mixture is stiff. Keep in the refrigerator until ready to use. Pre-heat the oven to a medium heat for 15 minutes.

For the mix, put the margarine and the salt in water, then bring to the boil. Sprinkle in the flour and stir until the mixture holds together firmly. When the mixture comes away from the sides of the pan, take off the heat and cool, stirring continuously. Then stir in the eggs one at a time. Fill a piping bag (or a plastic bag with a hole in one corner) with the mixture. Spread margarine on a baking sheet and spray water on it. Squeeze out dollops of mixture the size of large walnuts. Space them 3 cm (a little over one inch) apart. Place the baking sheet in a hot oven and bake for 10 minutes on a medium heat, then for a further 10 minutes on a low heat until a nice golden brown colour. Do not open the oven at any point during the first 15 minutes! Immediately take the cooked, hollow pastries off the baking sheet with a pastry knife and leave to cool. Then cut them in half and fill with the chocolate cream. Decorate with whipped cream or chocolate to taste. Leave in the refrigerator for at least 2 hours.

■ **Tip:** You can also fill with vanilla cream with chocolate cream as a topping.  
*Needs a little work.*

## Hungarian Cheesecake

[photo]

Makes 12 slices:

A 1 cm (1/2 inch) thick ready-made round chocolate sponge cake base  
250 g (9 oz.) cottage cheese  
100 g (3 1/2 oz.) cream cheese  
100 ml (3 1/2 fl. oz.) kefir or thinned yoghurt  
200 ml (8 fl. oz.) cream  
200g (7 oz.) blackberries  
200g (7 oz.) raspberries  
80-100 g (2 1/2-3 1/2 oz.) powdered/caster sugar  
100 ml (3 1/2 fl. oz.) milk  
3 Tbs. gelatine mix  
the grated zest of 1 lemon  
2-3 Tbs. sponge cake mix (see Cherry Strudel)  
a pinch of salt.

**Directions:** For the cake cream, break up the cottage cheese and mix with the kefir and cream cheese until smooth. Then add the sugar and continue stirring until dissolved. Sprinkle in the lemon zest and salt. Leave to one side. Beat the cream until whipped and carefully stir it into the cottage cheese mix. Pour the milk into the gelatine and stir on a low heat until smooth. When it has cooled a little, stir it into the cream.

Put the sponge base into a cake mould with detachable sides. Fill the cake mould with the cream, spread the fruit and chill in the refrigerator until it has set. Before serving, put the cake mould on the serving plate. Loosen the edges of the cake with a knife and remove the sides of the mould. Coat the edges of the cake with coarsely grated almonds or sponge cake crumbs.

■ **Tip:** Very tasty with any other type of fruit.  
*Easily prepared.*











## Fruited Rice

[photo]

Serves four:

|                                                             |
|-------------------------------------------------------------|
| 150 g (5 oz.) rice                                          |
| 800 ml (28 fl. oz.) milk                                    |
| 300 ml (10½ fl. oz.) cream                                  |
| 100 g (3½ oz.) powdered/caster sugar                        |
| 1 cup of stoned cherries steeped in rum (or cherry compote) |
| 1 large orange                                              |
| 4 pineapple rings                                           |
| 2 Tbs. sugared orange peel                                  |
| 30 g (1 oz.) dark chocolate                                 |
| 1 tsp. gelatine powder                                      |
| a pinch of salt                                             |

**Directions:** Wash and drain the rice and soak for half an hour in enough water to cover. Pour in another 200 ml (8 fl. oz.) of water and half the milk. Boil with a pinch of salt until all the liquid has boiled off. Then pour in the remaining milk and cook uncovered until very soft, stirring frequently. Meanwhile cut the fruit into small pieces. Peel the orange and cut into small cubes. Whip the cream. Dissolve the gelatine in 50 ml (1½ fl. oz.) water and strain. Stir this into the cream.

Add the sugar to the cooked rice and stir while the rice cools down until it is just warm. Then stir in the fruit, grated chocolate, very finely chopped sugared orange peel and cream. Stir, cover and leave in the refrigerator for at least one day. Before serving, place in dessert goblets and top off with whipped cream, a little grated chocolate and the cherries.

■ **Tip:** You can make this fruited rice with any type of fruit. It is very good with sultanas soaked in rum, or prunes.

*Substantial and very tasty.*

## Orange Chocolate Cream

Serves four:

|                             |
|-----------------------------|
| 500 ml (18 fl. oz.) milk    |
| 1 box chocolate pudding mix |
| 2 oranges                   |
| 200 ml (8 fl. oz.) cream    |
| 80-100 g (2½-3½ oz.) sugar  |
| 1 heaped Tbs. cocoa powder  |
| ½ a tsp. instant coffee     |

**Directions:** Wash the orange and grate the zest into 100 ml (3½ fl. oz.) milk and bring to the boil. Simmer gently for 5 minutes. Then strain, and stir into the rest of the milk.

Put the pudding mix into a deep mixing bowl and add the sugar, cocoa powder and instant coffee. Stir in 200 ml (8 fl. oz.) of milk until the mixture is smooth. Then pour in the remaining milk and stir until it's thick and creamy. Beat the cream until it's firm, then carefully stir it into the pudding. Place in dessert dishes, arrange the diced orange on top, decorate and serve cold.

■ **Tip:** You can make this with grated dark chocolate instead of cocoa powder.

*Quick and tasty.*

## Lemon Dessert

Serves 6:

|                                          |
|------------------------------------------|
| 300g (10½ oz) half-fat cottage cheese    |
| 50 g (1½ oz) butter                      |
| 1 lemon                                  |
| 150-200 g (5-7 oz) caster sugar to taste |
| 200ml (7 fl oz) cream                    |
| a pinch of salt                          |

**Directions:**

Press the cottage cheese through a strainer to give it a finer, smoother consistency. Then add the melted, but not hot, butter and the sugar. Wash the lemon thoroughly in hot water and grate the zest into the cottage cheese mixture. Beat vigorously, then add the juice of the lemon little by little. (You can do this in an instant

with an electric blender!) Beat the cream until it is stiff.

Carefully stir the beaten cream into the cottage cheese mixture by hand with a whisk. Refrigerate for at least two hours, then serve with whatever decorative topping you like.

■ **Tip:** This cream is also delicious with orange. Use the juice of two oranges but the zest of only one.

## Tomato Parfait

Serves 8:

|                                          |
|------------------------------------------|
| 500 ml (18 fl oz) milk                   |
| 200 ml (7 fl oz) cream                   |
| 50 g (1½ oz) tomato purée                |
| 1 tablespoon fine flour                  |
| 150-200 g (5-7 oz) caster sugar to taste |
| a pinch of salt                          |

**Directions:**

Add the sugar and salt to 300 ml (10½ fl oz) of the milk, and bring to the boil. Mix the tomato purée and the flour with the rest of the milk in another pan, then pour into the hot milk little by little, stirring continuously. Heat until the mixture thickens. Meanwhile beat the cream until it is stiff.

When the mixture has cooled down to room temperature, slowly stir in the cream, and divide into small, individual portions. Cover with foil and place in the freezer.

■ **Tip:** You can also prepare this with ketchup or home made savoury tomato concentrate. For those on a diet, replace half the cream with yoghurt.





## Cherry Poppy-Seed Cake

[photo]

Makes 12 slices:

|                                             |
|---------------------------------------------|
| 250 g (9 oz.) cherries without their stones |
| 150 g (5 oz.) butter (or margarine)         |
| 150 g (5 oz.) powdered/caster sugar         |
| 150 g (5 oz.) ground poppy-seed             |
| 100 g (3½ oz.) flour                        |
| 4 eggs                                      |
| 50 ml (1½ fl. oz.) milk                     |
| 1 packet (10 g) vanilla sugar               |
| the juice and grated zest of 1 lemon        |
| 2 Tbs. rum                                  |
| a pinch of salt                             |
| for the topping:                            |
| whipped cream • almonds • grated chocolate  |
| cherries and orange segments                |

**Directions:** Beat together the butter, 70 g (2½ oz.) of powdered/caster sugar, the rum, salt, vanilla sugar, lemon juice and grated lemon zest. Then work in the egg yolks and poppy-seeds. Beat the egg whites with the remaining powdered/caster sugar.

Stir the milk and the flour into the egg mix, then gently combine with the poppy-seed mix. Pour into a cake mould greased with butter or margarine and press the cherries into the dough. Bake on a medium heat in a pre-heated oven. It is done when you can pierce it with a cooking needle and no dough sticks. While still hot, turn it out onto a board and leave to cool completely. Decorate the top as shown (or to your own taste).

■ **Tip:** You can make this cake the previous day if you add setting powder to the cream topping.  
*Very pretty and tasty.*

## Orange Cream Cup

Serves 4:

|                                            |
|--------------------------------------------|
| 400 ml (14 fl oz) yoghurt                  |
| 2 large oranges + 1 orange for the topping |
| 4 tablespoons oat flakes                   |
| 200 ml (7 fl oz) cream                     |

|                                   |
|-----------------------------------|
| 3 tablespoons honey               |
| 50 ml (1½ fl oz) milk             |
| 1 heaped teaspoon gelatine powder |
| 1 teaspoon grated orange zest     |
| a pinch of salt                   |

### Directions:

Mix the yoghurt with the honey and salt, then add the lemon zest and oat flakes. Leave to stand for at least half an hour. Meanwhile peel the oranges and cut into one centimetre (¼ in) rings. Then cut the rings into small cubes. Pour the milk into the gelatine powder, and heat on a very low heat until melted, stirring continuously. Beat the cream until it is stiff. Carefully mix the cream, yoghurt mixture and orange pieces together, and then stir in the milk and gelatine. Place in dessert glasses, top off with pieces of orange, and serve well chilled.

■ **Tip:** You can use cornflakes instead of oat flakes, for an equally tasty result.



## Cream-filled Pastries

(Indiáner)

[photo]

Serves eight:

1 ready-made thick sponge cake round

300 ml (10½ fl. oz.) cream

100 g (3½ oz.) melting chocolate

3 Tbs. apricot jam

1 Tbs. rum

2 packets of cream setting powder

**Directions:** Beat the cream with the setting powder until firm. Mix the apricot jam and rum to a spreadable mixture. Cut out 8 circles from the cake base with the rim of a glass. Scoop out the middles to leave cavities that can be filled (as with strawberry shortcake). Let the scooped-out sponge dry out to be used as crumbs. Cut out eight more "lids" from the dough remaining (they should be thinner). Melt the chocolate in a Tbs. water on the stovetop or in a microwave.

Coat the outside of the dough bowls and caps with the melted chocolate, then place them on a tray and set the chocolate in the refrigerator. Smear the inside of each piece of dough with the rum and jam mix and fill with whipped cream. Cover the "bowls" with the "lids" and serve chilled.

■ **Tip:** You can flavour the whipped cream with fruit purée and it will be even tastier.

*Needs a little work.*





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# Júlia Frank

# New Hungarian

# Cuisine

Perhaps not everyone knows this, but according to unofficial sources, Hungarian cuisine is among

the three finest in the world; in first place is French cooking, second Chinese, and third...well, you've guessed it. This verdict is first and foremost based on the richness and balance of flavours in Hungarian cooking. Our cuisine is also one of the highest calorie and richest anywhere. It is often said that Hungarian cuisine is very heavy, too spicy, and fattening – and unfortunately this is partly true. This is why we should modify our culinary habits, to reduce the calorie content without loss of flavour.

In this book you can find all the traditional dishes for which Hungarians would sell their souls after just two weeks away from their homeland. They are also the dishes which visitors come to our country for.

I trust you will not be disappointed with these slightly lighter, lower calorie versions of the tastiest of genuine Hungarian meals. Believe me, nothing of the Hungarian character is lost with the reduction of fat and carbohydrates.  
*Enjoy your meal in good company.*

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