

# Hungarian dishes

for **Erasmus** cooks

Cheap, stodgy, delicious and easy to prepare!



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# INTRODUCTION

This document is intended to present some very typical Hungarian dishes that are prepared in every household, every week by average people regarding their talent in cooking. So if you have the slightest motivation to not only taste but also to prepare these dishes here you can find some recipes and tips.

But before you start to cook please note the following: Hungarian food is veeeerrry spicy, Hungarian food is supper greasy and every food contains paprika or bacon.

Considering the previous list the dishes are not recommended for those who are on a diet, nor for those who are health conscious.

On the other hand we highly recommend the preparation of these dishes with your fellow erasmus students with a considerable amount of pálinka – just to feel the Hungarian spirit ;)

Before starting to cook make sure you have at home:

1. Mould paprika – sold in little bags in two versions: either hot or sweet (this only means it is not hot)
2. Sour cream – not the same as the French Crème fraîche, sold in plastic cups
3. Sunflower oil – it has a neutral taste as opposed to olive oil so never, NEVER use olive oil instead!



## BREAKFAST Á LA HUNGARY

As this is supposed to be the most important meal of the day most people just skip it mainly because of the lack of time or because of bad memories from their childhood when their grandmothers stuffed them every morning.

Anyway if you want to do like the few Hungarians who have their breakfast do you have to buy various type of cold meat, bacon, hot paprika, tomato, onion, grated horseradish, eggs and white bread (definitely not brown bread). From these ingredients you can either make a rich sandwich buttered thickly or scrambled eggs.



In case you have chosen scrambled eggs first you have to melt the grease of the bacon in a pan then fry the onion, then the chosen cold meat, finally some other random vegetables but this is optional. To finish the dish pour the previously beaten and salted eggs in the pan and fry it ready.

As opposed to for example the French Hungarians mainly have salty things for breakfast. However sometimes they have buttered toast with jam.

As for the drinks there is no specifically typical.

To prepare a rich breakfast like this it takes about 10-30 minutes, depending how fresh you are in the morning. In case you slept over the immediate solution is to buy something at a pastry shop while running to your lesson ( you can find lots of them around the university).

Italians attention! Never ever buy coffee from machines or from the buffet!



# SOUPS

## **Gulyásleves**

### Goulash soup

*The reason why the first recipe is this one is because this soup is the most famous Hungarian dish and probably you have already heard about it too. However this may not be the easiest to prepare we thought it is worth trying. Here you can find a simple version of it. Under "normal" conditions we would prepare it above open fire in a so called bogrács, that is a big bowl hanged up above the fire. Of course it can be prepared in a saucepan over the stove in a simple flat.*

#### **Ingredients for 4:**

30dkg beef or pork, 15dkg vegetables (carrot, turnip is the most important and any other vegetable can be used too), 50 dkg potato, 2-3 onions, salt, ground paprika, fresh hot paprika, caraway seeds, a little bay leaf, 2 tablespoon oil

Cut the meat into cubes then chop the onion while heating the oil in a saucepan. First the onion has to be fried on the hot oil and then app. 2 teaspoons of ground paprika has to be sprinkled on the onion. Before this step pull the saucepan off the heat not to burn the paprika as it will become bitter in that case. After stirring the paprika with the onion put the meat cubes into the pan, salt it and pour as much water on it as much it covers the meat. Bring it to boil and when the meat starts to become soft put the vegetables into the soup. Cook it ready but don't forget to season it! Serve it with fresh hot paprika, sour cream on the top and a slice of fresh bread.



## **Krumplileves**

### Potato soup

*It can be described with one word: cheap. Typical food at the end of the month.*

#### **Ingredients for 4:**

50 dkg potato, 1 and a half tablespoon oil, 2 dkg flour, 1 onion, parsley, one celery leaf, 1 tablespoon of sour cream, mould paprika, fresh paprika, tomato, carrot, turnip, caraway seeds, salt, pepper, optionally sausages



Peel and chop the potatoes, the carrot and the turnip then cook it in salted water. Next prepare the so called 'rántás'. This is a kind of sauce made from flour that thickens the soups. In a pan, while the potatoes are getting soft, heat the oil, fry the onions, put the flour on it and stir gently. Fry this mixture until it becomes golden then sprinkle 1 or 2 teaspoons of mould paprika on it ( be careful not to burn it, it becomes bitter then). Shift the rántás into the soup then the tomatoes and the paprika. Boil it until the vegetables are soft enough and the soup is thick. Serve it with sour cream.

## **Paradicsomleves**

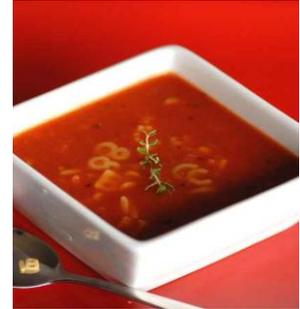
### Tomato soup

*Probably you have already met with gazpacho, or at least with some kind of cold tomato soup – this is a cook book so bloody mary does not count... In Hungary tomato soup is prepared hot usually with some letter formed paste to impress the children and make them eat more.*

#### **Ingredients for 4:**

3-4 dl of tomato juice, a little tomato puree, 1 and a half tablespoon oil, 2 dkg flour, sugar, salt, bay leaf

Start boiling the tomato with 1 liter of water meanwhile prepare the so called 'rántás'. This is a kind of sauce made from flour that thickens the soups. In a pan heat the oil, put the flour on it and stir gently. Fry this mixture until it becomes golden then shift the rántás into the soup. Boil the soup for 20 minutes, season it with sugar, salt, bay leaf. If you were lucky enough to find some letter formed paste, prepare it and serve the soup with it.



## MAIN DISHES

### **Lecsó**

Lechoo



*Do you remember the Disney film titled Ratatouille? The Hungarian translation was lecsó however the only common thing in the two dishes is the paprika. This is a refreshing meal mainly prepared during the summer as it consists basically nothing else but paprika, tomato. Every household prepares it differently, here the basis are written.*

#### **Ingredients for 4:**

1 and a half kg paprika, 1 kg tomato, 1-2 onions, a little bacon, salt



In a saucepan melt the grease out of the bacon and fry the chopped onions on it. Shift the sliced paprika and tomato into the saucepan and cover it. After a few minutes the mixture becomes juicy and ready. To make it more stodgy you can put sliced sausages in it, or boil 10 dkg of rice with the vegetables, or add 4 beated eggs at the end. If you like hot dishes add a few slice of hot paprika to it at the end.

### **Töltött paprika**

Stuffed paprika

*The predecessor of this dish was prepared under the Ottoman regime as paprika is a vegetable coming from the east. Interesting that since then almost no salad or dish is prepared without it, huh?*

#### **Ingredients for 4:**

8-10 fresh paprika, 30 dkg minced pork meat, 8 dkg rice, 2 tablespoons oil, 2 dkg flour, min 1 liter tomato juice, a little tomato puree, salt, sugar

Mix the minced meat with the half done rice and with some fried onions. Season it with salt and mould paprika. Cut the seeds out of the paprika and stuff them loosely with the mixture so that the rice will have space to grow. You can make meatballs from the rest of the minced meat. Put the stuffed paprikas and meatballs into a saucepan and pour in the tomato juice. You need as much juice as much covers the paprikas. Cover it and leave it simmer until soft. Prepare the so called 'rántás'. This is a kind of sauce made from flour that thickens the juice. In a pan heat the oil, put the flour on it and stir gently. Fry this mixture until it becomes golden then shift the rántás into the saucepan. Cook it for at least 20 minutes more then season it with sugar and salt.



## **Zöldbabfőzelék**

Very thick string bean soup



*This and the following dish are only prepared in the Carpathian basin. It was invented around the beginning of the 20<sup>th</sup> century when food supplies were cut. First it was prepared in rural regions but later it turned out it is perfect to serve lots of people with cheap but stodgy dishes in canteens.*

### **Ingredients for 4:**

1 kg string bean, some oil, 1 dkg flour, 2 dl sour cream, salt, 1 tomato, 1 paprika, parsley

Cut the beans into 2 cm long pieces and simmer it with the oil, a little water and salt until it becomes soft in a saucepan. Add the tomato and paprika to it, simmer a little together. Mix the flour with the sour cream and 1 teaspoon of sweet mould paprika. Make sure that the flour is incorporated well. Shift this mixture to the saucepan with as much water as much covers the beans. If you pour too much water in it the taste won't be so intense. Bring the soup to boil, it is ready when the juice is thick. Serve it with freshly chopped parsley.



## **Tökfőzelék**

Very thick marrow soup

*This dish is very similar to the previous one, not surprisingly as it has the same history.*

### **Ingredients for 4:**

1 and a half kg sliced marrow ( you can buy pre-sliced marrow in super markets), oil, 4 dkg flour, a little onion, 1 dl sour cream.

Salt the sliced marrow and set aside until it gives its juice. Then press the salty juice out of the marrow and wash it with fresh water. In a saucepan fry the chopped onion on some oil then sprinkle it with flour. Fry this mixture until it becomes light gold then add 1 teaspoon sweet mould paprika. Shift the washed marrow in the saucepan and add as much water as much covers the marrow. If you pour too much water in it the taste won't be so intense. Bring it to boil and before it is ready add sour cream to it. This kind of soup is ready to serve when it becomes very thick. Serve it with freshly chopped dill.



## **Krumplis tészta**

Paste with potato

*No comment.*

### **Ingredients for 4:**

1/2 kg potato, 1 onion, oil, mould paprika, 50 dkg paste

Cook the potato, peel it and cut it into small pieces. Fry the onion on hot oil and add the potatoes. Salt it, sprinkle it with some paprika and at the end add the previously cooked paste.



## **Túrós csusza**

Paste with cottage cheese

*In Hungary you will find two kind of people: one eats this dish with crunchy bacon, the other eats it with lots of sour cream and caster sugar. Which one you prefer?*



### **Ingredients for 4:**

50 dkg paste, 30 dkg cottage cheese, 1 and a half dl sour cream, 8 dkg bacon, oil

Cook the paste and keep it warm. Fry the bacon crispy, shift the sour cream and cottage cheese into the pan and heat it a little. When you find it warm enough mix the paste with the bacon-cottage cheese-sour cream stuff. If you want to try it sweet, leave the bacon and sprinkle caster sugar at the end.

## **Paprikás krumpli**

Potato with paprika

*It is common to prepare this meal above open fire in a bogrács like the goulash soup. This meal can not miss from a good camp during the summer.*

### **Ingredients for 4:**

1 kg potato, 2 onions, fresh paprika, tomato, 2-3 teaspoons mould paprika, sausages, oil, salt

In a saucepan fry the chopped onions, sprinkle the mould paprika in it. Better if you pull the saucepan off the heat while sprinkling as the paprika can burn easily and becomes bitter. Put the previously peeled and chopped potatoes into the saucepan and pour 3 dl of water on it. Cook it covered, stir it often and each time when too much water evaporates pour more water in the saucepan. Before finishing add some sausages, paprika and tomato then cook it ready. Serve it with fresh hot paprika and bread.



## **Paprikás csirke**

### Chicken with paprika

*This dish is a kind of stew served either with potatoes either with dumplings. Use hot mould paprika to prepare it. This is recipe for advanced cooks.*

#### **Ingredients for 4:**

8 pieces of chicken leg , 1-2 onions, a little bacon, 3-4 tablespoons oil, hot mould paprika, fresh paprika, tomato, carrot, a little turnip, salt

In a deep pan or in a wide saucepan fry the previously chopped onions, pull the pan off the heat and sprinkle the onions with app. 3 teaspoons of mould paprika. Shift the chicken legs into the pan, salt it, stir well and pour water onto the chicken until it is almost covered. If you pour too much water in it the taste won't be so intense. Chop the carrot, the turnip and shift it into the pan, leave it boil. When the meat is almost done put the other vegetables into the stew. To make it more tasty slice some sausages into it. It is ready when the meat is tender and the sauce is thick.



If you decided to garnish it with **dumplings** instead of potatoes prepare it the following way:

Fill a deep saucepan with water and bring to boil. Mix 1-2 eggs with 1 dl milk, 2 tablespoons of oil, a pinch of salt and add 50 dkg of flour to it. Add as much water to the mixture as much is needed to make the paste not too soft neither too tough. This paste has to be sticky and easy to tear. When the water is boiling tear little bits from the paste and cook it. It is ready when it flows on top of the water. If you are lucky you may find in your

kitchen a kind of grater on the back of which you can tear the paste like the 2<sup>nd</sup> picture

And when you are finally ready serve it with sour cream and if you were skillful enough it will look something like the 1<sup>st</sup> picture.

If you want to have a little salad with it prepare a kind of sauce for it. 1/2 dl vinegar, 1 dl water, salt and sugar. You can pour it on anything: salad, sliced cucumber, tomato... At the end you get a real Hungarian meal!

## DESERTS

### **Palacsinta**

Thin pancakes/ crêpe

*This is the children's favorite food. Sometimes it is served as a kind of main dish after a rich soup or as breakfast or as dinner or just as a little snack. Spread whatever you want on them, roll it up and EAT!*

#### **Ingredients for a bunch:**

1 egg, 15 dkg flour, 3 dl milk, 1 dl sparkling water, pinch of salt, sugar (as much as you feel), oil



Mix the ingredients and set it aside for a while. Then heat a little oil in a pan and with a ladle pour some of the mixture into the pan, distribute the paste evenly and wait until it becomes solid. Then turn the pancake on its other side and fry it for some more minutes. Before each piece put a drop of oil into the pan and fry the pancakes on low fire.

Fill them with jam, cocoa, chocolate cream, caster sugar with lemon, cottage cheese, cottage cheese with dill, apple puree, cinnamon, etc... it depends on your imagination.

### **Madártej**

Birdmilk :)

*Don't get scared of this fantasy name, this desert is basically a fluid vanilla pudding. Suggested for advanced cooks.*

#### **Ingredients:**

1 and a half liter milk, 4 eggs, 15 dkg sugar, 1/2 vanilla or one package of vanilla sugar, 1 tablespoon flour

Beat the egg whites with 3 tablespoons of sugar. In a deep saucepan boil the milk. When it is boiling slowly put some "dumplings" formed with a tablespoon from the egg white on the top of the milk. These "dumplings" will grow so don't put too much at a time. When the "dumplings" raised turn them on the other side and cook it for a some more minutes. Put these "dumplings" aside while preparing the vanilla sauce.

Mix the egg yolks with 2 dl milk, sugar and flour. Boil the rest of the milk again but this time with the vanilla. Slowly pour the egg mixture into the boiling milk, stirring fast and cook for some minutes stirring all the time but don't let it boil!

When ready, pour the sauce into glass cups and put the egg white "dumplings" on top. Place it in the fridge for a couple of hours before served.



## Somlói galuska

Somlói galuska

*Very Hungarian :)*

### Ingredients for the sponge:

6 eggs, 12 dkg sugar, 15 dkg flour, 1 package of baking powder

Separate the egg yolks from the egg whites. Beat the egg whites with the sugar until it becomes super hard then mix carefully the yolks, the flour and the baking powder. Try not to crush the beaten whites too much. Divide the mixture into 2 and add 1 tablespoon of cocoa powder to one part. Grease a baking tin and spread some flour on it then pour both mixtures in the tin.



To make it easy prepare chocolate and vanilla pudding from pudding powder.

Soak some raisin in rum and chop some walnut.

When the sponge is ready cut it into small pieces, pile them up in a glass cup, pour some rum on it, put the soaked raisins and chopped walnuts on top and pour the vanilla and chocolate pudding on the sponge. Decorate it with whipped cream.

## Jó étvágyat!

Bon appetite!



### Some help to the wights:

1kg= 100dkg=1000grams

1oz = just under 30 grams

4oz/ 1/4 lb = app. 115 grams

8oz/ 1/2 lb = app. 230 grams

1lb = 454 grams