

LOOK-COOK-BOOK

Traditional Hungarian Dishes

II.Rákóczi Ferenc Primary School,
Berettyóújfalu Hungary

16 December 2017.





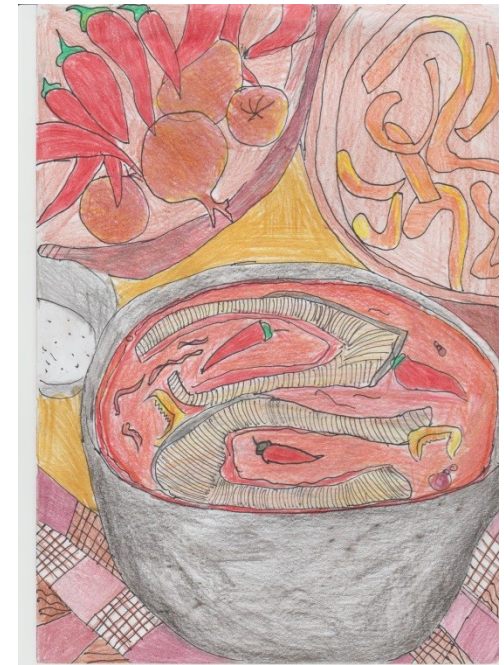
Tisza fish soup

500 g	small river fish	1 lb
1,2 kg	carp or other large fish	2-2½ lb
1	large onion	1
1 tbs	slightly hot paprika	1 tbs
1	tomato	1
	salt	
	a little cherry pepper	
1	pointed, hot green pepper	1

Prepare the fish. Put the small fish and the head and tail of the carp into a large pan. Add the very finely chopped onion, the blood from the fish and enough cold water to just cover. Bring to the boil, then simmer very gently for 1 hour. Strain the stock through a very fine sieve into a clean pan. Pour in 1 l (1¼ pt) cold water and bring to the boil. Add the paprika, the peeled and chopped tomato, cherry pepper to taste, the salted fish slices and the roe. Cover with a lid and simmer for 10-15 minutes until tender. Shake the pan gently from time to time. Do not stir. Serve from the pan. The top can be garnished with the sliced green pepper.

Note! Go gently when adding cherry pepper. Not everyone likes his food fiery hot; besides, it will overpower the flavour of the fish. If too much has been added and you feel as if your mouth was on fire, the best remedy is not to drink cold water but to eat some bread.





Fish soup recipe

Ingredients:

About 3 1/2 lbs/1.5 kg fish (e.g. carp, catfish, and perch)

Salt

1 bell pepper (capsicum)

1 tomato

2 medium onions

1 tbsp. rose paprika

1-2 hot peppers (optional)

Start this fish soup recipe with scale and gut the fish, retaining the milt and roe. Remove the bones, and wash. Cut into bite- size pieces, and season with salt. Chop the bell pepper and tomato into small pieces, and slice the onion. Place the fish heads, large bones, and the fins in a pot with the onions, and add enough water to cover. Bring to a boil, add the rose paprika, and simmer gently for 1 hour. Strain the broth, and place in a pot together with the pieces of fish. Add the roe, milt, and the chopped tomato and bell pepper, and cook over a fairly high heat for about 20 minutes. Do not stir the soup; simply tilt it gently from side to side.

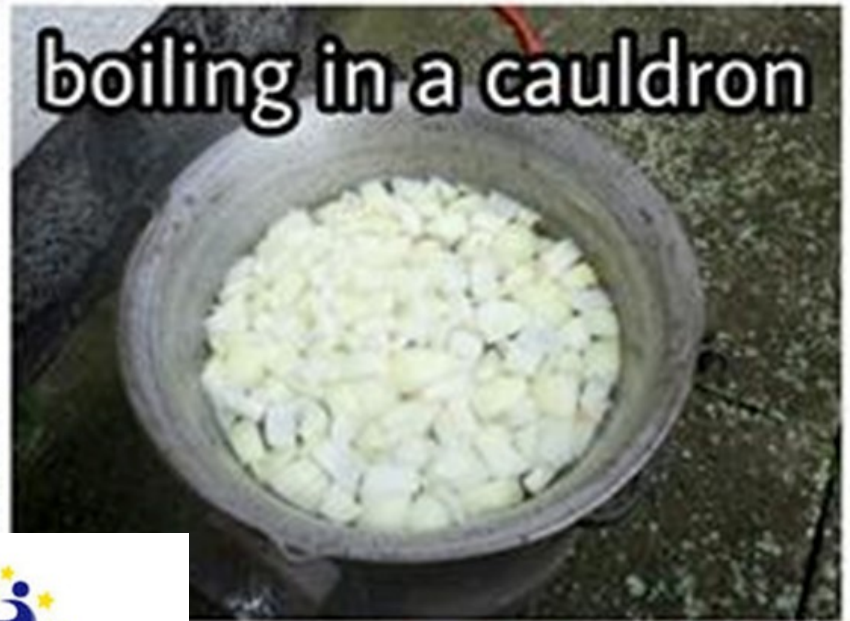
The cooked soup is often garnished with sliced green bell pepper before serving. Fresh or dried hot peppers are always served separately to let the diners season their soup according to their own taste. This soup is always served with freshly baked white bread.

The soup is just as tasty if the broth is made with smaller, less grand fish. It can also be made from just a single variety, but the use of several different ones makes it more aromatic.

peeling some onions



boiling in a cauldron



creaming



some pieces of fish into the broth



Ingredients quiz

Find answers to these questions!

a, egg

b, watermelon

c, a pine apple

d, Have you ever seen a rabbit wearing glasses?

e, squash

f, a carrot

g, a cuCUMber

h, goldfish

i, an onion

j, fish and shins

1. Hat has to be broken before you can use it?
2. How do you know carrots are good for your eyes?
3. It looks green, it opens red. What you eat is red, but what you spit out is black.
4. What do you get when you drop a pumpkin?
5. What's long and hard and has cum in it?
6. What is the expected outcome of a cross between an apple and a Christmas tree?
7. What do sea monsters eat for lunch?
8. What you call a rich fish?
9. Take off my skin and I won't cry, but you will. What Am I?
10. What is orange and sounds like a parrot?

VEGETABLE STEW

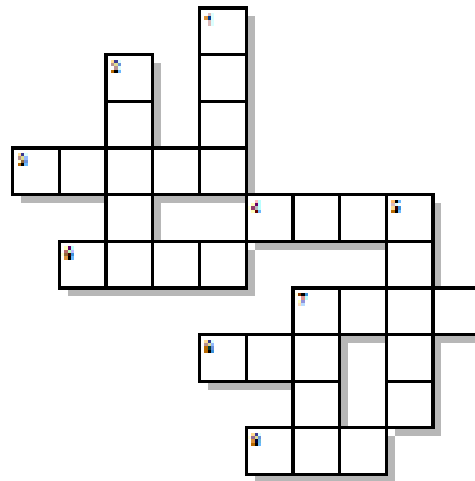
main ingredients of the vegetable stew



VEGETABLE STEW, LECSÓ IS ALL ABOUT THE PEPPERS.
IT OFTEN CONTAINS SAUSAGE, EGG OR DICED BACON
AND SHOULD BE EATEN WITH A GOOD CHUNK OF BREAD.

Useful in the kitchen

verbs for cooking



ACROSS

- 3 Cook (food) using a grill.
- 4 Prepare (food, a dish, or a meal) by mixing, combining, and heating the ingredients.
- 6 Remove the outer covering or skin from (a fruit, vegetable, or prawn).
- 7 Cook or be cooked slowly in liquid in a closed dish or pan.
- 8 To divide into segments; carve
- 9 Cook (food) in hot fat or oil, typically in a shallow pan.

DOWN

- 1 Reach or cause to reach the temperature at which it bubbles and turns to vapour.
- 2 Cut (something, especially food) into slices.
- 5 Work (moistened flour or clay) into dough or paste with the hands.
- 7 Move a spoon or other implement round and round in (a liquid or other substance) in order to mix it thoroughly.



Vegetable stew



Heat the oil or lard in a large saucepan.

Put the chopped onion into it.

Add chopped peppers.

Add salt, pepper.

Cover with a lid and cook for about 10 minutes over medium heat.

Add chopped tomatoes, bay leaves and hot and sweet paprika.



Drawn by Laura Török

HUNGARIAN PORK SOUP RECIPE (ORJALEVES)

Ingredients (4 persons):

1 kg of pork (preferably ribs but other meaty bones will work too)
150 g carrots
100 g parsley
50 g celery
1 small kohlrabi
1 onion
1 green pepper
salt
whole peppercorns
flavourer/Delikat/

Preparation method:

Wash the pork ribs.

Clean the vegetables but don't dice them, leave them in a whole.

In a pot of cold water, place the ribs and bring them to boil.

When the water boils, add the spices: salt, pepper, flavorer.

When the meat is half done, put the vegetables into the broth, and then season it again with salt.

When the soup is ready, remove the vegetables.

Slice roughly 2 carrots and add the back to the broth.

Cook some spiral soup noodles in a separate pot with a bit of salt and add them finally to the soup.

Serve with some green parsley leaves on top of the soup bowl.



Stuffed cabbage (töltött káposzta)

TÖLTÖTT KÁPOSZTA

YOU CAN KEEP YOUR SZALONCUKOR, YOUR TÚRÓ RUDI AND ASSORTED SPIRALS OF PASTRY. THE KING OF HUNGARIAN FOODS IS THE TÖLTÖTT KÁPOSZTA. WHY ELSE WOULD IT BE SERVED AT BOTH CHRISTMAS AND WEDDINGS? ADMITTEDLY, IT IS BY NO MEANS UNIQUE TO HUNGARY, AND THE SLAVIC LANGUAGES HAVE A BETTER NAME FOR IT (LITTLE PIGEONS) BUT SURELY THE INCLUSION OF SPICY SAUSAGES IN THE HUNGARIAN VARIANT MEANS THOSE LITTLE PIGEONS CAN NEVER COMPETE. I LEAVE THIS STATEMENT HANGING IN THE HOPE OF SOME GENIAL DEBATE.



POPPY SEED ROLLS OR BEIGLI

Ingredients:

2 1/2 cups milk

1 tablespoon yeast

40 grams oil

1/2 teaspoons salt

50 grams margarine or butter

3/4 cups sugar

7 1/2 cups flour

1 egg

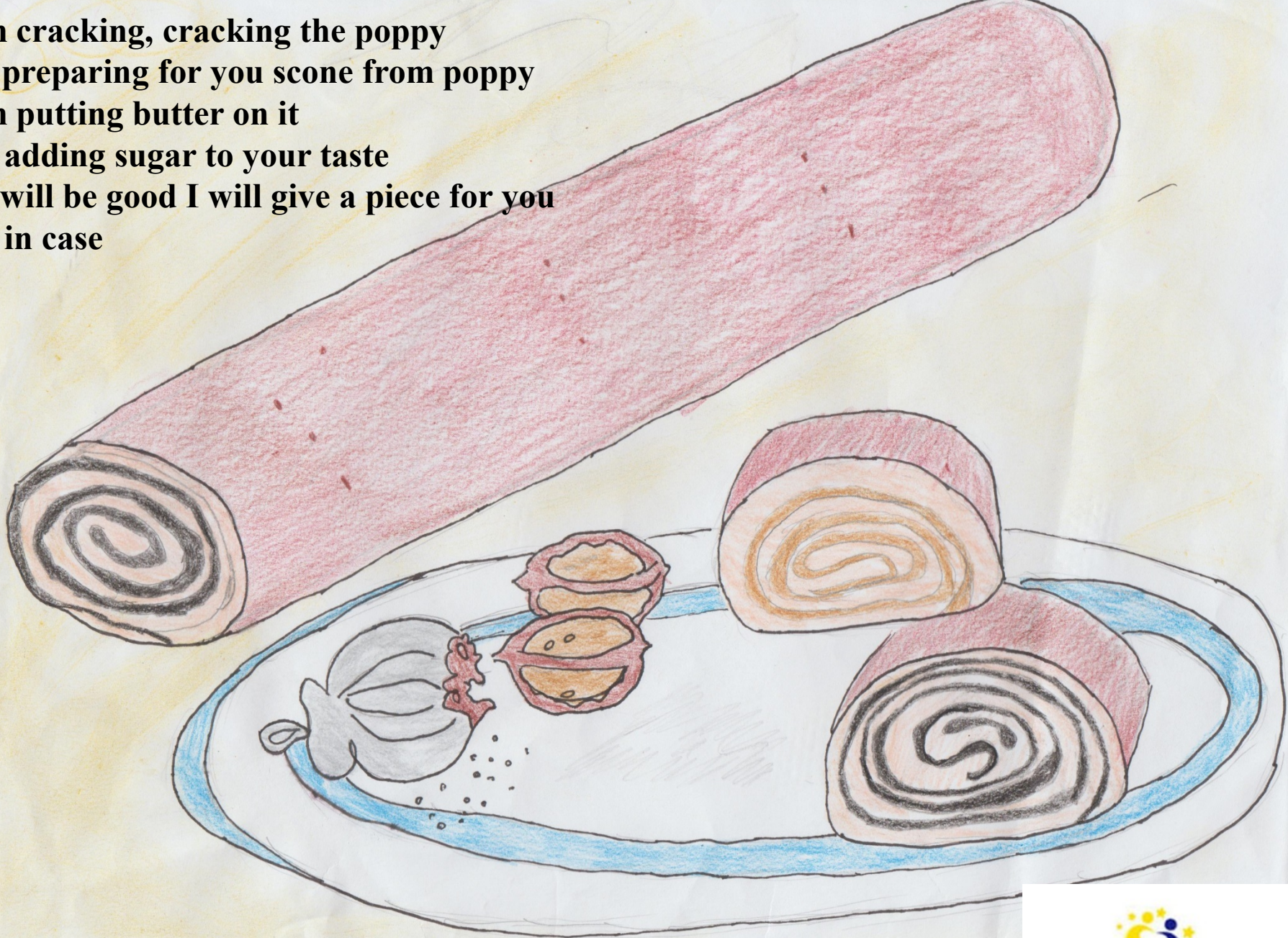
50 grams of poppy seed filling, /cracked nuts, cottage cheese or home-made plum marmalade/

Instructions:

1. Combine lukewarm milk with yeast, sugar. Let yeast dissolve for 5 minutes. Add salt, melted margarine or butter and oil. With dough hook mix in flour in small portion.
2. Knead the dough for about 15 minutes, until it's elastic and not sticky.
3. Dust your counter with flour and roll out the dough with a rolling pin to very thin rectangle. Brush it with whisked egg, this makes poppy seed stick to the dough. Spread even thin layer of poppy seed.
3. Roll up the shorter side, making it into a long string.
4. Place them on baking sheet covered with parchment paper, leaving about an inch of space in between each one.
5. Preheat oven to 300F. With whisked egg, brush tops of rolls. Bake for 30-45 minutes, until golden brown.



**I am cracking, cracking the poppy
I'm preparing for you scone from poppy
I am putting butter on it
and adding sugar to your taste
if it will be good I will give a piece for you
just in case**



Chimney Cake Recipe

A chimney cake is an odd thing in that it's an enriched yeast bread that's wound onto a thick wooden spit, then roasted over a charcoal fire. The hardest part of this recipe is constructing the implement you need. More on that as the week progresses.

For the dough:

8.5 ounces (1 3/4 cups) all-purpose flour
2 1/4 teaspoons (1 packet) instant yeast
1 ounce (2 tablespoons) sugar
1/8 teaspoons salt
2 egg yolks, room-temperature
1.5 ounces (3 tablespoons) melted butter
4 ounces (1/2 cup) milk, room temperature

For the grilling:

vegetable oil for lubricating the spindle
melted butter
sugar

For the topping:

about 3 ounces (1 cup) walnuts, ground and mixed with
about 3.5 ounces (1/2 cup) sugar
2 teaspoons cinnamon

Combine the dry dough ingredients in a large bowl and whisk to combine. Do the same with the wet ingredients and add them to the dry ingredients. Stir the mixture until it comes together to form a dough, then knead it for about five minutes. Allow the dough to rise for 40 minutes. Cut the dough into a long ribbon with a pizza cutter (as shown).



Paint your spit with vegetable oil. Wrap one end of the dough around the spit, tucking in the end so the dough doesn't unwind. Keep the dough very thin as you stretch and wind, under 1/4" inch. Roll the whole thing on the countertop to flatten it/press it together. Paint the dough with melted butter and roast over the fire for about six minutes, sprinkling on sugar, until it starts to take on a dark golden color.

Paint on more butter, then roll the finished cake in the nut mixture. Tap the mold on a table top to release the cake and set it upright to cool. Make more and eat, eat, eat.



Hungarian children's rhymes about cooking

1. Süti, süti, pogácsát

Bake, bake scones,
For Daddy, for Mommy,
And for the little baby.

Erre kakas, erre tyúk

Erre kakas, erre tyúk,
erre van a gyalogút,
taréja, karéja, ugorj a fazékba,
Zsupsz!

2. Borsót főztem

I cooked peas,
I salted it well,
I also seasoned it with paprika,
Abele, babele*, run!

This Way Rooster, This Way Hen

This way is the footpath,
Cop, cop, jump into the pot,
Plop!

Feast in the medieval Hungary



CONTENTS:



1. Cover page
2. Children's drawing of the fish soup/Sari 'painting and Szabi' drawing of the fish soup/
3. Fish soup recipe/Paulina's drawing: Fish soup with ingredients/
4. Photos of cooking the fish soup
5. Ingredients' quiz
6. Main ingredients of the vegetable stew
7. Cross word puzzle-useful in the kitchen
8. Vegetable stew-recipe.
9. Hungarian Pork soup recipe
10. Stuffed cabbage
11. Poppy seed rolls/ beigli/-recipe/Petra's drawing of beigli/
12. Chimney Cake Recipe /Pupil's drawing-Dorina/
13. Hungarian children's rhymes about cooking
14. Drawing: Feast in the medieval Hungary by Paulina
15. Contents 'page





**Have a good
appetite!
Jó étvágyat!
приятного
аппетита!**