
Hungarian Stuffed Red Bell Peppers

serving Size : 6

6 Medium Red Bell (or yellow) Peppers
2 Tbsp Freshly Rendered Lard – Or Oil
3 Cloves Garlic -- Crushed
1 Medium Yellow Onion -- Finely Chopped
1/2 Cup Chopped Parsley
1/4 Cup long
1 1/2 Cups Chicken Stock
1 Lb Finely Ground Pork, Veal Or Chicken
1 1/2 Tbsp Hungarian Paprika
1 Egg
Salt And Freshly Ground Pepper -- To Taste
2 Cups Paprika Gravy (below)

Cut off the very top part of the peppers. Chop the pepper tops finely, omitting the stems, and save for the filling. Seed and core the peppers; set aside. Heat a large covered frying pan and add the lard or oil. Sauté the garlic, onion and reserved chopped pepper tops until tender. Add the parsley and rice, and sauté for a few minutes. Add 1/2 cup of the chicken stock; cover and simmer for 10 minutes. Allow to cool. In a large bowl combine the ground meat, paprika, egg, salt and pepper-rice mixture. Mix very well. Fill the peppers just to the top, but don't pack too firmly because the rice will expand during cooking. Place the filled peppers in a Dutch oven and add the remaining 1 cup chicken stock to the bottom of the pot. Cover and simmer very gently for 45 minutes, keeping the temperature very low or the peppers will break. Move the peppers about the pot a few times during cooking to prevent sticking. Pour the paprika gravy over the peppers; cover and simmer for 20 more minutes.

Hungarian Paprika Gravy

This is a basic gravy Yield is 7 cups

1 Tbsp Freshly Rendered Lard
1 1/2 Tbsp Hungarian Paprika Or More To Taste
1 Clove Garlic -- Peeled And Chopped
1 Cup Seeded & Chopped Anaheim Peppers
1 Cup Chopped Yellow Onion
1/2 Cup Chopped Tomato
1 Tsp Chicken Base (Such As Knorr)
6 Cups Beef Stock
1 Cup Sour Cream
1/4 Cup flour

Heat a 5 quart heavy stove-top casserole and add the lard and paprika. Cook over medium heat for a moment and then add the garlic, green pepper, onion and tomatoes. Simmer for a few minutes until all is tender. Add the chicken base and beef stock along with salt and pepper to taste. Cook and simmer for 30 minutes. In a metal bowl, mix the sour cream and flour together. Mix it well with a wire whisk as do not want lumps. Add a cup of the grave from the pot and quickly stir it into the cream and flour with a whisk.

Remove the gravy from the heat and stir in the cream mixture, whipping it well. Return to the heat and simmer, stirring often, for 15 minutes. Strain the gravy and discard the solids or lumps.

Hungarian Cabbage Rolls (1)

1 1/2 pounds Ground Pork
1 teaspoon salt
1/2 teaspoon pepper
1 teaspoon paprika
2 tablespoons lard
1/2 cup onions -- finely chopped
1 /2 cup rice
1 head cabbage
1 can tomato soup (or 1/4 cup ketchup)

Cook the onion in lard until soft, then add paprika. Then combine the ground pork, salt, pepper and rice. Then pour the onion mixture over this and mix very well. Remove the core from the cabbage and steam until the leaves just wilt. Separate the leaves and remove the back rib from the cabbage with a knife. Then wrap meat mixture in cabbage and place in a pot. Pour tomato soup (or the ketchup) over the rolls and add enough water to cover and some to spare. Boil for 45 to 60 minutes.

Hungarian Stuffed Cabbage Leaves (2)

Yield: 6 servings

1 ea green cabbage	1/4 c butter
1 ea onion, diced	2 ea cloves garlic, diced
3/4 lb ground pork	3/4 lb ground beef
1 c brown rice, uncooked	1/8 ts sea salt
2 ts vegetable seasoning salt	1 ea pinch cayenne
1 cn (8 oz) tomato paste	1 pt sour cream
1 cn (12 oz) sauerkraut	

Core cabbage and put in boiling water. As leaves become wilted, peel them off and place on paper towels to dry. Trim out center vein of- each leaf. Sauté onion and garlic in butter. Add meat, rice, seasonings and stir together. Simmer 20 minutes. Place a tablespoon of this filling on each cabbage leaf and roll up leaf. Place in a pot in layers. Cover filled cabbage leaves 2/3 with water. Stir together tomato paste, sour cream, and sauerkraut. Spoon this over top. Cover and cook on simmer for 1 hour, or until rice is tender.

Galuska (Little Dumplings) Serving Size : 4

2 Eggs 1 ¼ cup Flour -- all-purpose
1 pinch Salt 2 Tb cooking oil Water, if needed

Beat eggs, then add salt, flour and oil. Cut dough mixture into boiling salted water, using about 1/4 teaspoon at a time, about the size of kidney beans. Cook just until it rises to the top, 2-3 minutes. Remove with slotted spoon. Keep warm till serving along side dishes or in soups.

Chicken Paprikash Yield: 4 servings

1/4 c Flour
5 ts Paprika, divided
3/4 ts Salt, divided
1/4 ts Pepper
4 Chicken cutlets
2 T Corn oil
1 c Chopped onions
1 c Chicken broth
1 c Sour cream
6 oz Wide egg noodles (about 4 cups) cooked, drained

In large plastic food bag combine flour, 2 tsp paprika, 1/4 tsp salt and pepper. Add chicken; shake to coat well. In large skillet heat corn oil over medium heat; add chicken. Cook, turning once, 8-10 minutes or until done. Remove; set aside and keep warm. Add onions, remaining paprika and salt to skillet, sauté 2 minutes. Stir in chicken broth; bring to boil. Reduce heat; cover and simmer 5 minutes. In small bowl combine sour cream and 1/2 cup hot pan juices; stir into skillet. Stirring constantly, cook 1 minute. Toss sauce with egg noodles, or Galuska Makes 4 servings.

Hungarian Goulash (1)

Serving Size : 6

2 pounds stew meat -- cut in 1" cubes
1 large onion -- sliced 1 clove garlic -- minced
2 T cooking or olive oil 1/2 cup catsup
2 tablespoons Worcestershire sauce
1 tablespoon brown sugar 2 teaspoons salt
2 tablespoons paprika 1 teaspoon Caraway Seeds
1/2 teaspoon dry mustard 1 cup beef stock (bouillon)
1/2 cup burgundy or red wine
1/4 cup flour

Preheat oven to 350'. On stove top, sauté onion and garlic in 2 T of cooking oil in a dutch oven 5-8 minutes till transparent stirring frequently, don't brown. Remove from heat and add Paprika and stir. Add beef, rest of seasonings and bouillon and wine. Bring to a boil, boil 2-3 minutes. Cover and bake for one and a half hours, checking and adding liquid if needed. Skim off several tablespoons of liquid and fat and stir the flour into it; then stir that into the meat mixture. Bake 10 to 15 minutes longer or until mixture is slightly thickened. Serve goulash over noodles or rice.

Hungarian Goulasch (Gulyas) (2)

Serving Size : 6

2 ts Dried marjoram 1 tb Caraway seeds
1 tb Lemon zest 1 clove Garlic
3/4 c Butter 1 tb Tomato paste
1 tb Sweet Hungarian paprika 2 lb Onions, sliced
1 c Water
1 lb Beef (rump, round or chuck) -lamb or veal is nice too
1 c Sweet red , yellow or green peppers Salt to taste

Crush together the marjoram, caraway, garlic and lemon zest. In a large kettle, combine the butter (or fat of your choice), 1 tb. tomato paste, the crushed seasonings and the sliced onions. Sauté the onions, stirring all the while, until the onions are golden. Add the paprika, stir and sauté 30 seconds longer. Add the beef, lamb or veal, (cut in uniform chunks), the water and salt to taste. Cover the kettle tightly and simmer for 1 1/2 hours or until the meat is tender. Add a bit more water during cooking, only if it is necessary. Just before the goulasch is done, add 1/2 cup more water and let the sauce boil up once more. If more sauce is preferred, sprinkle it with 1/4 cup flour just before the water is added at the end and add 1 more cup of water. Serve the goulasch with speaetzle, noodles or boiled potatoes. In Hungary, slivered green peppers are sprinkled on this gulyas. It may also be sprinkled with bits of sweet red pepper.

Hungarian Sopron Wedding Soup

(Soproni lakodalmas leves)

1 chicken	2 stock cubes
2 carrots	2 parsley roots
1 wedge of celeriac	1 wedge of cabbage
2 oz mushrooms	1 small onion
1 clove of garlic	1 small piece of ginger root
4 oz vermicelli	pepper & salt to taste

Use a fresh roasting chicken (or a fryer or a boiling fowl which would require longer cooking and which are sometimes dry, tough and stringy) Dissolve the stock cubes in 4 liters (7 pints) of hot water in a very large saucepan. Add the whole chicken and bring the stock to boil. Remove the scum as it rises with a perforated spoon. Simmer for about one hour. When the chicken is tender, remove it, cut it up and discard any loose bones and skin. Dice all vegetables and add to the broth soup, season with the ginger, pepper and salt. Boil and simmer. Meanwhile, prepare the dumplings. You could make the dumplings from chicken livers. Boil vermicelli separately. Arrange the chicken pieces in a tureen, cover with the vermicelli and dumplings. Pour the liquid over them and finally add the vegetables. Serve

Liver Dumplings (Majgomboc)

4 Chicken (Turkey) livers or 2 slices of Calf's liver (very finely chopped) 1 cup of flour 1 egg 1 Tbs. butter
1 small pinch of baking soda or baking powder
1/2 small onion (grated) 1/2 tsp. salt
1/4 tsp. grated black pepper 1/2 cup of chopped parsley

Mix the butter and the egg very thoroughly. Add the grated onion, black pepper, salt, the baking soda and the chopped liver. Then mix 1 cup of flour into till you get a not too hard nor not too soft dough. If the dough is very soft add more flour. Mix in parsley. Cut very small pieces with a teaspoon edge into the simmering soup. Cook them about 10-15 minutes, they should rise as they cook. If the color is the same inside and outside, then they are done. To keep soup clear, boil dumplings separately in water, rinse in cold water and add to soup and heat before serving. .