

HUNGARIAN FLAG SALAD

(*Paraszt-saláta*)

Hungarian Flag Salad, (or Peasant's Salad) is a summertime salad made with ripe tomatoes, Green peppers and Cucumbers. The salad displays the colors of the Hungarian Flag – Red, White and Green – hence the name.

- 3 or 4 large juicy fresh tomatoes
- a couple of cucumbers peeled, scored with a fork and thick sliced
- A couple of green peppers seeded and chopped or sliced
- 1/8 cup of chopped Italian parsley - OR- 1 tsp. of minced fresh dill
- 1 small peeled onion sliced thin or a bunch of chives snipped

Dressing:

- 1 garlic clove minced
- 3 Tbs. of vinegar or dry white wine
- 1 tsp. sugar
- 6 Tbs. Of Olive oil

- 4 oz Goat or Feta Cheese
- Parsley for Garnish
- Salt and pepper (to taste)

Slice the tomatoes and place in salad bowl. Peel cucumbers, score lengthwise and slice. Chop the seeded green peppers. Add the chopped parsley or dill, sliced onion or chives, and toss together. Season with salt. Add to a bowl the garlic, wine or vinegar, sugar and Olive oil and whisk into a thick dressing then toss it with the vegetables. Sprinkle on the goat cheese and Toss again, taste and adjust seasoning by adding salt and pepper if needed. Refrigerate for several hours allowing the salad to mingle flavors

In Hungary, the salad is usually served with the meal. Traditionally Hungarian salads were seasonal – depending on the availability of the ingredients, and also considering the climate.

And typically their salads are made with either potatoes, cabbage, or cucumbers (these either alone or with peppers and tomatoes). Dressings would be either an oil/ vinegar dressing in the winter time, or a sour cream dressing in the summertime. Paprika and dill are favored seasonings. **My Hungarian connection is my daughter, Sarah, living in Kaposvar, Hungary with her Hungarian husband and our grandson.**

At first look, the salads of Hungary appear to be just like typical American Cuisine – Potato Salads and Cold Slaws are mainstays on the tables of American potlucks and picnics, in part because of the influence that large numbers of German and Austro-Hungarian emigrants have had on American life.

Large numbers of Hungarians came to the United States between the turn of the century, after the two World Wars, and the crushed Hungarian revolt in 1956. Ten thousand Hungarians came to live in America between 1899 and 1913 and in the five years following the first World War (1919-1924), a quarter of a million East Europeans came to the USA. Many of these people settled in Midwest communities that have become the grass roots of middle America.



The Joy of Cooking, one of the “bibles” of American cookery was written by a second generation German American widow of a second generation Hungarian.

As domestic life changed rapidly in America, Irma Rombauer and her daughter guided generations of American housewives as they took over from domestic servants the preparation of family meals. (See Stand Facing the Stove, by Anne Mendelson)

To find more Hungarian Recipes:

<http://www.eldrbarry.net/hatr/hrecipe.htm>

