

Hungarian cuisine

In Hungary we eat 3 meals a day. These meals are breakfast, lunch and supper. Lunch is the most important meal of the day and we serve hot dishes for it. Most people in Hungary have lunch between 12 and 2 o'clock. We usually have two courses, but sometimes we have a third course.

SOUP

Firstly, we eat some soup for example:



Fruit soup

(sweet soup made of sour cherries and sour cream)



Újházi chicken meat soup



Goulash is one of the most famous Hungarian dishes. The name comes from from the *gulyás* (herdsmen), who made their dish in a kettle over an open-fire. Today, a kettle made goulash is considered as the most authentic version of all. Almost each region has its own variety. If you want to cook an excellent **Goulash soup**, you need potatoes, carrots, onions beef meat and some spices. First, we cut

the onion into pieces and fry them in pork lard until it begins to soften. After removing the pot from the heat we stir in the paprika and add the beef chunks and garlic. Then we return to the heat and cook for about 5-7 minutes until meat is brown on all sides. The next step is adding water and bringing to a boil. Then we reduce heat, cover, and let it simmer until the meat is almost tender. Later you can add water, as necessary, to keep it above the level of the meat. This can take up to 2 hours. The last step is adding the carrots, parsley roots, bunch of parsley, potatoes, caraway seeds, and hot paprika. After bringing back to the boil, reduce the heat again and cook until the vegetables are tender but not falling apart. Finally add some salt to taste.



Another famous Hungarian soup is **the Fisherman's soup**, which is as prominent as goulash among our national dishes and, like goulash, it is cooked in a kettle over an open fire. The soup is prepared from mixed river fish (carp, catfish, perch or pike) with a great amount of hot paprika. It has lots of varieties throughout the country.

MEAT WITH GARNISH

For the second course we often eat some kind of meat with garnish or noodles with cottage cheese or poppy seeds. We often eat beef, chicken, pork, lamb, turkey, duck or goose. On occasions pheasant, rabbit and deer meat is also common. Garnishes are potatoes, rice, salad, pasta. We often prepare stews, cottage cheese noodles, fried meat, roast meats and vegetable.



Sheep stew



Pea stew with sunny side egg
(thick vegetable stew)



Pasta with cottage cheese



Stuffed cabbage

I would mention the **stuffed cabbage**, which is also a great dish. The ingredients are cabbage leaves, beef meat and sour cream. Firstly, we wash the sweet/sour cabbage and prepare the filling. We mix the minced meat with rice, salt, pepper, cumin, red pepper, and some cloves of crushed garlic and we add 2 eggs. Secondly, all ingredients should be well kneaded. After we fill the cabbage leaves with this stuffing. Finally, we place the stuffed rolled leaves in a large saucepan and add some water, then let them cook for almost an hour.

DESSERT/FRUIT:

For the third course we always meat dessert such as **Dobos cake**, **Linzer torte**, **somlói sponge cake**, **pancake**, **poppy seed roll** and **beigli**.



Plum dumplings



Somlói sponge cake

Somlói is a dessert made of three different types of sponge cake (plain, walnut, and chocolate), raisins and walnuts, drizzled with dark chocolate rum sauce and topped with whipped cream.

For making pancakes you need milk, flour, sugar, egg, some oil and salt. First, we place the ingredients in a bowl and mix them well, and then we let it stand for 30 minutes. After that we pour 1 ladle dough in the pan and bake it about 1-2 minutes. Then we turn it around to other side and bake that 1-2 minutes again. Finally we put the pancake on a plate and fill them with some kind of jam, cottage cheese or cocoa and roll them.



Read more: <http://www.hungariancook.hu/2010/06/hungarianpancake.html#ixzz4WDcANJz5>

Hungarian food is often spicy; we often use hot pepper, lard and yellow onions, bay leaf, black peppercorn, caraway, cinnamon, dill, garlic, lemon juice and peel, mustard (prepared) and parsley vinegar. Less used spices are basil, chervil, poppy seeds, rosemary, tarragon and white peppercorn. We often use flour, sugar, oil, grease, cooking fat, potatoes, celery, tomatoes, radishes, turnips, cabbage, mushrooms, parsley, vegetables, carrots, fruits, beans, peas, rice, bread, eggs, salt, pepper, cream, milk and lots of spices.

We hope you guys will visit our country and try at least one of our really delicious national dishes.

Best regards from Hungary,

Alexandra Ádám and Edit Tari