

Hungarian Food



Recipe list:

Uborkasalata (Cucumber salad)

(serves four)



Paprikás Csirke (Paprika Chicken)

(serves four)



Beigli

(Makes four rolls)



Equipment required
oven
large pot and lid
small pot and lid
2 large bowels
3 small bowels
paper towel
Juliette slicer
food processor
knife
cutting board
can opener
measuring cup
baking tray
rolling pin
brush
oven

Uborkasalata (Cucumber salad)

(serves four)

Ingredients
1 large cucumber or 3 small cucumbers
Salt
1 clove of garlic
1tsp of sugar
½ a cup of vinegar
½ a cup of water

Instructions:

1. Peel and slice cucumber very thin.
2. Put in bowl and sprinkle with salt.
3. Leave for half an hour then rinse with cold water and squeeze as much moisture out as possible.
4. Rub a glass or ceramic bowl with a peeled clove of garlic.
5. Put the cucumber in it.
6. Mix 1 tsp of sugar with a little boiling water to dissolve it, then add half cup vinegar, half cup water
7. and mix or shake (you can double this if you want a lot of liquid) and pour over the cucumber.
8. Sprinkle lightly with paprika and put in fridge for a couple of hours.
9. Serve as a side dish with any main meal.

Paprikás Csirke (Paprika Chicken)

(serves four)

Ingredients
Chicken stock/bullion/or consume
2 large onions, peeled and minced
3 cloves of garlic minced
1 ½ teaspoon salt
2 tablespoons of lard (or oil)
2-3 tablespoons Hungarian sweet paprika and hot paprika
1 kilogram (2 pounds) chicken pieces (Maryland preferable)
1 can of diced tomatoes
2 Hungarian peppers (or capsicum), sliced into rings
4 tablespoons sour cream, plus more for garnish if desired
1 tablespoon flour

Instructions:

1. Add lard or oil to the pot and heat to smoke point, add the chicken and brown, remove from pot after browning.
2. Heat the lard (or oil) in the pot, add the onions and garlic, sprinkle with half of the salt, and cook, covered, over very low heat until the onions are glossy, but not browned. Turn off the heat (so the paprika doesn't burn and become bitter) and stir in the paprika.
3. Add the tomatoes and ½ cup of water, chicken stock and mix. Turn the heat down to low and place the chicken pieces in the pot. Sprinkle the remaining salt on the chicken, cover, and cook for about 30 minutes. Checking every few minutes to see whether it needs more water.
4. Remove the lid, add the sliced peppers, and cook for a further ten minutes.
5. In a small bowl, mix the sour cream, flour,
6. Remove the pieces of chicken and place the pieces on a serving platter.
7. Add the sour cream mixture to the paprika sauce and stir until blended. Cook for a minute or two, but don't let the sauce come to a boil. Pour the paprika sauce over the chicken pieces. Garnish with a spoonful of sour cream, if desired, and sprinkle with paprika.

Beigli

(Makes four rolls)

Ingredients for the dough for 4 rolls
1 kg white flour
200 g butter
150 g lard (no, you shouldn't substitute)
80 g sugar
3 tablespoons 20% fat sour cream
1 egg
10 g fresh yeast (can be bought in cubes) started in 1 dl warm milk
pinch of salt

Ingredients for the filling for 4 rolls
300-350 g ground walnuts
300-350 g of ground poppy seeds
2 lemons
vanilla extract
honey (adjust for taste)
rum extract (or hey, real rum!)
ground cinnamon
1L milk

Recipe Internet link

<http://www.budapest-moms.com/2010/12/hungarian-christmas-treat-beigli/>

Making the dough:

1. In a bowl, combine flour, butter, lard, sugar, salt, and crumble them together.
2. In another bowl, mix together milk, yeast and egg. Mix until smooth.
3. Pour the liquids into the solids, and knead until you get a smooth dough. (Do not over knead!) Stop as soon as the dough becomes uniform.
4. Once the dough is smooth, divide it into 4 equal parts, roll them up into balls, cover with cling wrap and let them rest in the fridge for a couple of hours.

Making the filling:

1. Put the poppy seeds and walnuts through a food processor.
2. Mix the ground walnuts (or the poppy seed – whichever you are making) with the other spices in a saucepan, and add enough milk to make a thick paste.
3. Add the zest (scraped off rind) and juice of one lemon. Don't make the filling runny, or it will leak out of the dough later.
4. Heat the mixture slowly, stirring continuously and carefully to avoid burning! Set aside to cool.

Baking the beigli:

1. Once the dough has been well rested in the fridge, use a rolling pin to create an even rectangle of dough.
2. The width should be the width of the cookie sheet in your oven (so that it fits). Make sure the thickness is even.
3. Now spread the filling uniformly on the rectangle of dough, making sure to leave a quarter of an inch free around the edges.
4. Now fold the edges over the filling and press down, on all four sides.
5. Roll up the dough along the longer side.
6. Make holes in the top with a fork to let steam escape. This will help to keep the rolls from splitting along the top.
7. Spread egg yolk on the top of the beigli with a brush.
8. Let it dry.
9. Then spread egg white on top of the beigli.
10. Let it dry. (The yolk adds a nice golden colour, the egg white adds shine. And the time you wait for the two coats to dry allows the dough to rise some more.)
11. Put the rolls on a cookie sheet covered with baking paper. Put them in a pre-heated oven at 200C for 15 minutes, then lower the heat to 190C, and bake until golden and the beigli are firm to the touch, which is approximately an additional 15 minutes.
12. So total baking time should be around 30 minutes, but this of course depends on your oven, on the thickness of your beigli, etc.
13. Once they are done, wait for them to cool before slicing and serving.