

Hungary

Menu

Soup

Fish soup

Main dish

Ovenfried breaded
chicken breast with chips
and fresh vegetables

Dessert

Poppy seed bread
pudding

Drink

Mulled wine

Healthy recipe from Hungary

Healthy fish soup

The ingredients

- Catfish or sturgeon (4 people = 1-1.5 kg)
- 1 kg small freshwater fish
- 1 onion per 1 kg fish
- 300 g new potatoes, diced
- 1-2 green pepper, chopped
- 1-2 tomatoes, chopped
- Appr. 2 table spoon ground paprika (Hungarian paprika is the best for this soup)
- Salt
- Water



Procedure

First clean and wash the fish, open them and remove the guts. Remove the heads, fins and tails. Then slice the big fish (carp, catfish...etc) in finger width pieces and salt these slices. After that clean and chop the onion and fry it in some lard. When the onion is translucent, put in the small fish along the fins, the tails and the heads of the large fish (without eyes and gills) into the pan with the onion, and sprinkle with ground paprika. Fill up immediately with enough water to cover (e.g.3 Liter) and cook for 30-40 minutes.

Be careful with the paprika, if you burn it the fish soup will be bitter!

After these small fishes are cooked, mash the whole broth and fish mixture through a colander. You can add more water if it's too thick. Now put the salted fish slices, the cleaned and diced tomato and sliced green pepper into the broth and bring it to the boil. Taste it and if needed add a little more salt. Simmer for 10 minutes. Don't stir the soup because the fish meat will break up. If you're afraid the soup might stick and burn, just shake the pot a little. At the end add potatoes and mushrooms and continue cooking until potatoes are done.

1 portion: 740 kcal

Oven-fried Breaded Chicken Breasts with Chips and Fresh Vegetables

The ingredients:

- 8 boneless chicken breast slices
- 4 large potatoes
- Salt to taste
- **Breading:** eggs, flour, bread crumbs and sesame seeds for coating
- Fresh vegetables (tomatoes, peas, corn, cucumber)
- Oil to fry (about 1 liter)



Procedure:

Preheat oven to 200 °C

Chicken: Slice the chicken breasts in half lengthwise and season with salt. Then break the eggs into a bowl and beat well. Coat the chicken breasts first in flour, then in egg, and at the end in bread crumbs and sesame seeds. Place the chicken into a foil-lined baking sheet and bake chicken breast in the oven until firm and the breading is crisp, about 30 minutes.

Chips: Wash and peel the potatoes and slice into fries. Dry them on paper towels and fry them in hot oil until golden-brown. Drain on paper towels.

Serve the fried breaded chicken breast with fresh vegetables.

1 portion: 1680 kcal and 1 portion vegetables: 179 kcal

Poppy seed bread pudding

Ingredients:

- 15 dkg ground poppy seed,
- 15 dkg icing brown sugar
- 1 liter milk
- 4 egg whites and yolks
- 1 packet vanilla sugar
- 10 piece whole-grain crescent rolls



Procedure:

Slice up the dry rolls and place the slices into the baking dish, like how I used to prepare it.

Then put the milk and the poppy seeds in a pot and cook about ten minutes. Add vanilla sugar and icing brown sugar and mix well. When the milk is lukewarm, add the yolks to the pot and mix carefully. Beat the egg whites until stiff and mix with the other ingredients. Pour the entire mass into the baking dish (cover the wholemeal crescent roll slices with the mass) and bake over medium flame for about twenty minutes.

1 portion: 640 kcal

Hungarian mulled wine

Ingredients:

- 1 bottle (750 ml) white wine
- 1/3 cup of honey
- 3 cinnamon sticks
- lime and orange

Serve 4-6



Preparation:

To make the perfect mulled wine, combine the ingredients in a large pot. Gently warm the ingredients on low to medium heat for 10 minutes. Stir occasionally to make sure that the honey has completely dissolved. When the wine is steaming and the ingredients have been well blended it is ready to serve. Ladle the wine into mugs, decorate with lime and orange.

1 portion:105 kcal

INTERESTING FACTS ABOUT HUNGARIAN CUISINE

- Hungarian or Magyar cuisine is the cuisine characteristic of the nation of Hungary and its primary ethnic group, the Magyars. Traditional Hungarian dishes are primarily based on meats, seasonal vegetables, fruits, fresh bread, dairy products and cheeses.
- Hungarians are especially passionate about their meat stews, casseroles, steaks, roasted pork, beef, poultry, lamb and game. The mixing of different varieties of meats is a traditional feature of Hungarian cuisine. Goulash, stuffed peppers, stuffed cabbage, and Fatányéros (Hungarian mixed grill on a wooden platter) are all dishes that can combine beef and pork, and sometimes mutton. Goulash is a stew with more gravy or a soup using meat with bones, paprika, caraway, vegetables (typically carrots and parsley root) and potatoes or various tiny dumplings or pasta simmered with the meat.
- Other characteristics of Hungarian cuisine are the soups, desserts, and pastries and stuffed crepes (palacsinta), with fierce rivalries between regional variations on the same dish (like the Hungarian hot fish soup called Fisherman's Soup or halászlé, Hungarian food is often spicy, due to the common use of hot paprika.
- In Hungary, people usually have a large breakfast. Hungarian breakfast generally is an open sandwich with fresh bread or a toast, butter, cheese or different cream cheeses, túró cheese or körözött (Liptauer cheese spread), and cold cuts like ham. Lunch is the major meal of the day, usually with several courses.
- Cold or hot appetizers may be served sometimes (for example fish, egg or liver), then soup. Soup is followed by a main dish.
- The main dish usually includes meat and salad, which precedes the dessert. Fruit may follow. In Hungary, pancakes are served as a main dish, not for breakfast. Salad is always served with meat dishes, made of lettuce with tomatoes, cucumbers and onions or a simple thin sliced cucumber.
- Some people and children eat a light meal in the afternoon, called uzsonna, usually an open sandwich, pastry, slice of cake or fruit.
- Dinner is a far less significant meal than lunch. It may be similar to breakfast, usually an open sandwich, yoghurt or virsli (hot dog sausage) with a bun, more seldom a cake, pancakes (palacsinta), and it consists of only one course.