

# Recipe Book



Lifelong  
Learning  
Programme

# Meatballs

## Ingredients

- 500 gr minced pork
- 1-2 dry bread rolls (or 1-2 slices of bread)
- 2 eggs
- salt
- pepper
- ground red paprika
- garlic
- breadcrumbs
- some oil for frying



## Instructions

1. Soak the buns in milk or water. After five minutes squeeze them.
2. Mix the minced pork, eggs, soaked and squeezed buns, finely chopped garlic in a bowl until thoroughly combined.
3. Season the mixture with some salt, pepper and ground red paprika.
4. Heat some oil in a saucepan.
5. Wet your hands and shape small balls from the mixture and dip them into breadcrumbs.
6. If the oil is hot enough, fry the meatballs in on all sides.
7. Serve them immediately.



# Millet meatballs



## Ingredients

- ¼ loaf dry bread or 2-3 bread rolls
- 100 gr millet
- 4 tsp oatmeal
- 2-3 cloves minced garlic
- 1 teaspoon white pepper
- 3 tablespoon breadcrumbs
- 0.5 l oil for frying

## Instructions

1. Soak the bread in water, then squeeze it well.
2. Cook the millet in 3 dl water. When it is thick, remove the pan from the cooker and let it stand covered for 15 minutes.
3. Mixed the cooked millet, the squeezed bread, the garlic, the pepper and some of the breadcrumbs so that you can make balls.
4. Oil the palm of your hand and shape balls from the mixture.
5. Put the balls on a try sprinkled with breadcrumbs. Before frying them, shape the balls again so that the breadcrumbs cover the balls.
6. Fry the balls in plenty of oil in a saucepan until they float on the oil.



# Potato gnocchi (Dödölle)



## Ingredients

- 1.5 kg potatoes
- 500 gr cottage cheese
- 3 tablespoon flour
- lard or oil

## Instructions

1. Peel and cut the potatoes into large pieces, and cook them well in salty water.
2. If they are cooked, drain the water from them.
3. Mash the potatoes well and mix them with flour. Put the mixture back to the heat, and bring it to boil while constantly stirring.
4. Grease a heatproof dish with oil or lard.
5. Shape noodles from the potatoes and put them into the dish.
6. Sprinkle them with cottage cheese and some grease.
7. You can serve it with sour cream.

## Notes:

You can also bake it in pre-heated oven.

Instead of cottage cheese you can put fried onions on it.



# Vegan Dödöle

## Ingredients

- 1.5 kg potatoes
- 500 gr tofu
- 3 tablespoon flour
- oil



## Instructions

1. Peel and cut the potatoes into large pieces, and cook them well in salty water.
2. If they are cooked, drain the water from them.
3. Mash the potatoes well and mix them with flour. Put the mixture back to the heat, and bring it to boil while constantly stirring.
4. Grease a heatproof dish with oil.
5. Shape noodles from the potatoes and put them into the dish.
6. Sprinkle them with mashed tofu and some oil.
7. You can serve it with vegetarian cream.



# Újházi Chicken Soup

## Ingredients

- 1 kg chicken
- 300 gr mixed vegetables: carrots, a kohlrabi, a celery root, parsnips
- 1 large onion in whole
- 1 clove garlic
- 1 small tomato
- 10 black peppercorns
- 200 gr cauliflower
- 50 gr peas
- 50 gr fresh mushrooms
- 100 gr cole
- ginger



## Instructions

1. Chop and wash the chicken into larger pieces.
2. Put the pieces of chicken into a pot and pour cold water on it.
3. Put the pot on the heat, but be careful, let the water only gently boil.
4. As the soup boils very slowly some scum will appear on the surface of it. Remove it from time to time with a strainer.
5. Peel and wash the mixed vegetables, but do not chop them, leave them whole and put them into the soup.
6. Simmer the soup with the peppercorns and ginger slowly for two-three hours.
7. When the vegetables look almost tender add the green peas and the mushrooms.
8. When the meat and the vegetables are tender, gently pour the broth through a large fine sieve into a clean soup pot.
9. Let the meat and the vegetables cool a bit.
10. Cut the breast meat into serving size pieces.
11. Keep the thighs as they are but remove and discard all the skins. Put the tidied up meat back in the soup.
12. Slice the carrots, parsnips, kohlrabi and the celery root. Put these back in the soup.
13. If you can find peas and mushrooms intact put these back in the soup. Discard all the other vegetables.
14. Cook the noodles and put them into the soup.
15. The Újházi Chicken Soup is ready to serve.

# Vegetarian Újházi Soup

## Ingredients

- 300 gr mixed vegetables: carrots, a kohlrabi, a celery root, parsnips
- 1 large onion
- 1 clove garlic
- 1 small tomato
- 10 black peppercorns
- 200 gr cauliflower
- 50 gr peas
- 50 gr fresh mushrooms
- 100 gr cole
- 1 potato
- 1 teaspoon curcuma
- 1 tablespoon oil
- 1 teaspoon sugar



## Instructions

1. Peel all the vegetables, but do not chop them, leave them whole and put them in cold water.
2. Begin cooking on low heat. Do not let the water come to the boil. The soup should just sweat instead of simmer.
3. When the vegetables are tender, add the clove garlic and sugar, and boil it very gently for 10 more minutes.
4. Mix the curcuma with the oil and pour it in the soup.



# Slambuc („SHLUM-BUTZ“)

## Ingredients

It serves 4-7 people

- 500 gr potatoes
- 200 gr square-shaped pasta
- 1 big onion
- 200 gr smoked bacon
- hot red paprika
- salt, bacon skin
- 1 green pepper
- 1 tomato



## Instructions

1. Cut the bacon into cubes. Put them in a pot and cook until most of the fat renders. (It is originally cooked in a cauldron over an open fire.)
2. Add the finely chopped onion, the sliced green pepper and fry them in the fat of the bacon on low heat until the onion becomes clear and glassy looking.
3. Add the dry pasta and fry it until the pasta is golden and crispy.
4. Add the peeled sliced potatoes and season it with salt. Sprinkle it with red pepper, stir it and pour a little cold water (just enough to cover all the ingredients) immediately into it.
5. Add the bacon skin and the tomato. Cover and cook it slowly until the potatoes are soft, the pasta is done and all of the water is gone. Be sure to stir frequently.
6. You can serve it with tomatoes, pepper and onions.



# Vegetarian Slambuc

## Ingredients

- 1 kg potatoes
- 200 gr square-shaped pasta
- 1 big onion
- 200 g smoked vegetarian grain sausage
- red paprika
- salt, pepper
- 1 tomato
- 100 gr soy cubes
- oil



## Instructions

1. Pour some oil in a bigger bowl. Fry the finely chopped onion until it becomes 'glassy'. Take it away from the oven and stir the paprika into it.
2. Mix the grain sausage in a little hot water in a blender so that the grains can't be seen. Add the mixture to the bowl.
3. Peel the potatoes and cut them into small cubes.
4. Add the potatoes to the bowl, drop a pinch of salt and pepper, and a little water to cover all.
5. Cover the dish and cook the potatoes with continuous stirring until they are almost soft.
6. Add the dry pasta and cook it on strong fire until the pasta is done.
7. The food is ready when all of the water disappears. Though if you prefer it a little juicy, leave a bit of water.
8. Cook the soy cubes in fairly salty water. Cut them in small pieces and fry them in plenty of oil. Drain and sprinkle them on top of the food.
9. Serve it hot and fresh. You can eat it with pickled apple paprika.



# Sheppard dumplings with potatoes and egg barley

## Ingredients

- 150 gr bacon
- 2 onions
- 3 cloves garlic
- 400 gr egg barley
- 1 kg potatoes
- red paprika, salt, pepper
- oil



## Instructions

1. Put the cubed bacon and the finely chopped onion into a sauce pan and fry them in a bit of oil until the bacon is golden, the onion is 'glassy'.
2. Add the egg barley and fry it for a while.
3. Peel the potatoes and cut them into small cubes. Add them to the pan and braise for a while.
4. Sprinkle it with some red pepper and pour some cold water into it. Add the squeezed garlic and cook it until both the potatoes and the egg barley are soft.
5. Let it cool a bit, then mash it and shape small dumplings from it.
6. Serve it with fresh vegetables or pickles. It is very tasty if it is hot.



# Vegetarian Sheppard dumplings

## Ingredients

- 200 gr smoked vegetarian drain sausage
- 2 onions
- 3 cloves garlic
- 400 gr egg barley
- 1 kg potatoes
- red paprika, salt, pepper
- oil



## Instructions

1. Fry the finely chopped onion in a bit of oil until it is golden.
2. Add the grain sausage and the egg barley and fry it for a while.
3. Peel the potatoes and cut them into small cubes. Add them to the pan and braise for a while.
4. Sprinkle it with some red pepper and pour some cold water into it. Add the squeezed garlic and cook it until both the potatoes and the egg barley are soft.
5. Let it cool a bit, then mash it and shape small dumplings from it.
6. Serve it with fresh vegetables or pickles. It is very tasty if it is hot.



# Chicken Paprika

## Ingredients

- 4 whole chicken thighs
- onion
- 1 tablespoonful flour
- 2 dl sour cream
- 3 dl cream
- tablespoon grease
- peppers
- hot pepper, salt



## Instructions

1. Clean the chicken thighs and cut them into halves.
2. Pour some oil into a sauce pan and put it on the heat. Add the finely chopped onions into it and roast them until brownish.
3. Sprinkle it with red pepper, stir it quickly and pour some cold water into it.
4. Put the chicken pieces into the sauce pan, also add the sliced paprika and tomato. Season it with salt and pepper and boil it slowly.
5. If the chicken is cooked, remove them from the sauce pan.
6. Mix the sour cream with some flour and some sauce of the chicken. Pour it into the sauce pan and bring it to boil it with the rest of the chicken sauce.
7. Put the chicken pieces back to the sauce pan and bring it to boil again.
8. Serve it with noodles or pasta, and sour cream.

## Note:

Instead of chicken you can make it with mushrooms or cauliflowers.



# Lángos – Hungarian fried bread

## Ingredients

- 0,11 lbs yeast
- 1 egg
- 2,5 dl sour cream
- 2,2 lbs flour
- 2 tablespoon salt
- 0,5 dl milk



## Instructions

1. Mix the milk with the yeast, and leave it for ten minutes.
2. In a bowl mix the flour, egg, sour cream, salt and the milk-yeast mixture.
3. Knead it very well.
4. Put it in an oiled plastic bag and put it into the fridge for two hours to rest.
5. Then remove it and shape small donut like pieces from it with oiled hands.
6. Stretch out the piece with your fingers into a round shape.
7. Fry it in hot oil quickly.
8. Serve it with grounded cheese, cream or grounded garlic.



# Lecso



## Ingredients

- 0,264 lbs smoked bacon
- 0, 44 lbs sausages
- 2 onions
- 3 tomatoes
- 5 peppers
- 2 cloves of garlic
- oil
- hot pepper
- salt; green pepper

## Instructions

1. Cut the bacon into small pieces and slice the sausage into thin slices.
2. Wash and chop the onion, tomatoes and peppers.
3. Heat some oil in a saucepan and add the cubed bacon into it. Fry it until the dish turns golden and add the chopped onion.
4. Fry them until they are brownish, and remove the saucepan from the heat.
5. Sprinkle it with red pepper and stir well.
6. Put it back to the heat and add the vegetables into the dish. Cook it gently until they are soft. Pour some water on it if it is necessary.
7. If the vegetables cooked, add the sausages and bring it to boil.
8. You can serve it with rice.

## Note:

Instead of the bacon and sausages, use blended grain sausages.



# Goulash



## Ingredients

- 4 onions
- 1,1 lbs potatoes
- a teaspoon grinded fennel
- 3 seasoning cubes
- 2,2 lbs pork
- 2 tablespoon red pepper
- grinded green pepper
- salt
- 4 carrots
- 2 onions
- 2 tablespoon olive oil

## Instructions

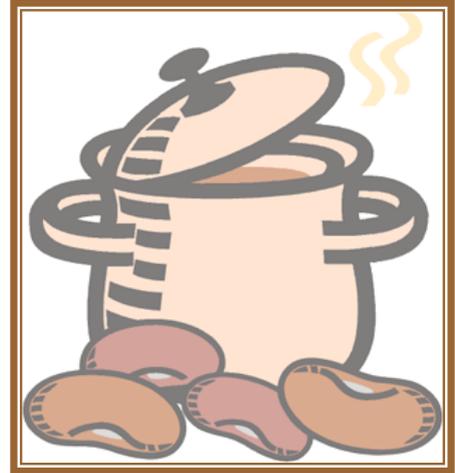
1. Braise the finely chopped onions in oil in a saucepan, then sprinkle red pepper on them.
2. Cut the meat into cubes and add into the braised onion. Stir it and pour some water on it.
3. When it's half cooked, put the carrots; potatoes and other seasonings into the dish.
4. Cook it slowly until all of the ingredients are soft.



# Goulash with beans

## Ingredients

- 2 onions
- 4 cloves garlic
- 1,32 lbs of pork
- 0,66 lbs smoked meat
- 3 carrots
- 2 turnips
- 2 tomatoes or ratatouille
- 1,1 lbs dried beans
- 1 dl oil
- 0,22 lbs flour
- 1 egg, bay leaf, red pepper, salt



## Instructions

1. Soak the beans in a lot of water the night before of the preparation.
2. Put the beans in a bowl, add 2 bay leaves, fill it up with as much water as covers it.
3. Start cooking it gently.
4. Cut the onions in small pieces and braise them in oil until they become glassy,
5. Put the grinded garlic in it, add the washed and cubed meat and cook them for a while.
6. Add red pepper, the tomatoes, which you cut into small pieces, the carrots and vegetables.
7. Cook it for about half an hour and then, pour the beam into the meat.
8. Cook them together.
9. Prepare the pasta. Mix the flour, the egg and some salt in a bowl well. Shape small pieces of pastas from our mixture, and add them into the boiling soup.
10. Bring them to boil and it is done!
11. Serve it with sour cream.



# Vegetarian Bean Goulash



## Ingredients

- 500 grams beans
- 3 large carrots
- parsley
- kohlrabi
- 1 tablespoon red pepper
- 3 cloves garlic
- onion
- tomato, paprika
- bay leaf
- smoked cereal sausage
- oil
- salt pepper

## Instructions

1. Soak the beans the previous night into water.
2. The next day put the soaked beans into a large pot of water add some bay leaves and bring it to boil slowly.
3. Clean and peel the vegetables and cut them into cubes.
4. Roast the onion until it is golden in a saucepan; add the red pepper, minced cereal sausage, tomato and paprika into it.
5. Add the vegetables into the roasted onion mixture, season it, pour some cold water into it, and boil slowly.
6. When the bean in the pot and the vegetables in the saucepan cooked, mix them, bring them to boil and serve them.



# Stuffed Cabbage

## Ingredients

- 3,3 lbs cabbage
- 0,77 lbs minced meat
- 0,44 lbs jasmine rice
- 0,33 lbs onions
- 1 teaspoon salt
- grinded cumin, grinded green pepper
- 4 bay leaves
- 3 teaspoonful red pepper
- 3 seasoning cubes
- garlic
- 4 dl sour cream
- 1 tablespoonful flour



## Instructions

1. Peel the leaves of the cabbage, then boil them in salty water for a minute, so that they become soften and it would be easier to work with them.
2. Cut the rest of the cabbage into thin stripes.
3. Mix the minced meat with the raw rice, 1 teaspoon of red pepper, 1 teaspoon of salt, 2 cloves of mashed garlic; and a pinch of grinded cumin.
4. Cut the cleaned onion in small squares and cook them in olive oil until brownish.
5. Then remove it from the heat and sprinkle it with red pepper, and add the sliced cabbage.
6. Season it with grinded green pepper, seasoning cubes and bay leaves.
7. Pour it with water.
8. Fill the boiled cabbage leaves with meat filling, wrap them, and lay these cabbage rolls into the dish.
9. Cover the cabbage rolls with sliced cabbage and pour some water on it.
10. Boil it until soft.
11. Serve it with sour cream.



# Vegetarian stuffed cabbage

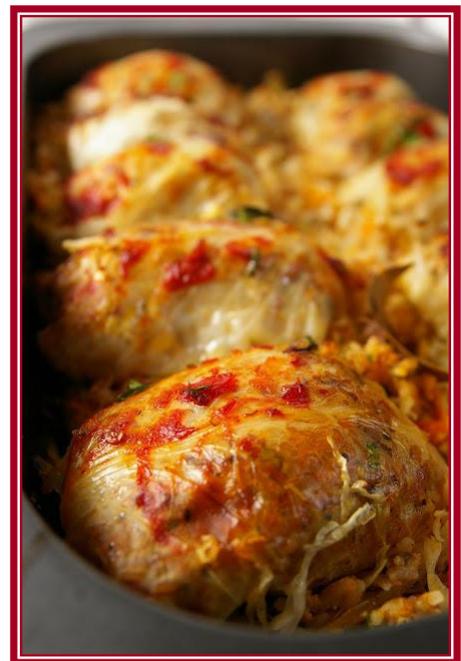
## Ingredients

### For the 'gluten meat'

- 1 cup gluten
- 1 tablespoon grounded paprika
- 2 dl water
- 1 tablespoon soya sauce
- seasoning

### For the filling

- 1 large onion
- ½ dl oil
- seasoning
- 1 dl tomato juice
- 1 tablespoon soya sauce
- ¼ kg brown rice
- 1 tablespoon line seed



## Instructions

1. Mix the gluten, grounded paprika soya sauce seasoning and water in a bowl.
2. Shape balls from the mixture. Leave them rest for 10 minutes.
3. Pour 2 litres of water into a dish and add some seasoning to it. Bring it to boil and put the gluten balls into it. Boil it slowly for 15 minutes then remove them from the seasoned water.
4. Use this water to boil the brown rice.
5. Mince the boiled gluten balls and make stew from it with some braised onions, tomato juice, seasoning, grounded paprika and soya sauce.
6. Add the boiled brown rice and the line seed into the stew, stir it well and leave it to cool down.
7. Fill it into boiled cabbage leaves, and put them into a large dish.
8. Pour some seasoned water on it and bring it to boil.
9. Boil it until it is soft
10. Serve it with cream.

