

HUNGARIAN CLASSICS

BY CHEFPARADE COOKING SCHOOL

Dear Friends,
Dear Lovers of Hungarian Food,

Food and cooking have always been quintessential elements of Hungarian culture. Consequently the cuisine here boasts a wide array of diverse, creative dishes and unique, characteristic flavours. This is an evolution of a thousand-year-long history based on Hungary's geographical conditions as well as on the heritage of traditional farming, smallscale food and crop production.

Chefparade Cooking School operates three cooking studios in and around Budapest. You can master the basics of Hungarian cooking as well as other cuisines in a fun and interactive atmosphere. The hands-on courses provide the opportunity to cook and ask questions side-by-side with our chefs and enjoy the camaraderie that comes from preparing and sharing a meal together.

The book you are holding in your hands is a tribute to all the work done in the cookery school and of course to Hungarian cuisine in general. We partly updated the recipes to modern times, but mostly kept to the way that our mothers and grandmothers have taught us.

Get ready for meat stews, casseroles, roasted pork, beef, poultry and smoked sausages. Learn how to make soups, goulash, paprikas, stuffed cabbage, various kinds of noodles, dumplings. We hope the pictures within the book will help you with the preparation and the recipes will work in your kitchen, too. Enjoy reading, enjoy cooking and thank you for buying the book.



2025

**POCKET
SIZE
EDITION**

FOREWORD TO THE CURRENT EDITION

In your hands is a book, a new edition designed for the pocket - a flight or train ride, a quiet moment, the in-between. This edition distills the heart of the original work, travels lightly, yet still speaks deeply with 33 recipes.

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GULYÁSLEVES

GOULASH SOUP

It originates from a dish cooked by the “gulyás” – meaning cattleman, keeper of herds - in the Great Hungarian Plains. These Cowboys used to camp out with their cattle days and weeks away from populated areas, so they had to make their food over fire from ingredients they could carry.

INGREDIENTS

400 g beef
2 tbsp oil or lard
1 medium size onion
2 cloves garlic
3 bay leaves
salt and pepper
caraway seeds to taste
1,5 tbsp paprika powder

FOR 4 PERSONS

1 tomato
1 sweet yellow pepper
2 potatoes
2 carrots
2 parsnip
¼ celeriac root
3 tbsp tiny dry dumplings
about 800 ml water

PREPARATION TIME: **90-150 MINUTES**



Chop the vegetables and cut the meat about the same size. Chop the onion finely – in a large pot start to sauté in oil on medium heat until it starts getting soft but not brown. Remove the pot from the fire and add the paprika powder. Pour some water in the pot but always just a touch. The goal is to make a “pörkölt” base/a sauce. Add the meat and the spices (salt, pepper, caraway seeds, bay leaves and mashed garlic). Stir it so that they are covered with the “pörkölt” sauce. Keep cooking for about an hour. Add water if necessary. When the meat is about half cooked, add the root vegetables, little later the potatoes. Keep cooking. When the meat is almost cooked, pour in the water to the “pörkölt” base, lower heat, cover, and let it simmer. Keep adding water as necessary as the soup simmers. About 15 minutes before finishing, add the “csipetke” pasta.

MASTERSTROKES



The main difference between the French and Hungarian version is that the mixture for palacsinta can be used straight away unlike that of crepes which is suggested to be left at rest for several hours.

Another special trick is to add **soda water**: the bubbles make the batter taste and feel very light.

You can mix egg and milk first, this makes sure your batter will be smooth for the start.

TIPS AND HINTS



It may also be eaten **sweet, unsweetened or savoury or as a main course**, such as a meat-filled Hortobágyi palacsinta. They may also be eaten plain, filled with cheeses, or vegetables such as mushroom, spinach, topped with sour cream, or cut into thin strips.



Cocoa powder with sugar

Cinnamon and sugar

Apricot jam

Cottage cheese with sugar,
lemon zest and raisin

TIPS AND HINTS



You can easily substitute goose with duck.

Leg is the most flavorful part of a duck or goose, but they also need long, slow cooking to become tender.

GOOD TO KNOW



Cabbage is a cruciferous vegetable that pops up in most global cuisines, so is it in Central Europe. Sweet-and-sour cabbage is great because it can be made the day before and gently re-heated with no last-minute bother. It is a perfect accompaniment to venison, pork or duck as well.



