



HUNGARIAN CLASSICS by chefparade

COOKING SCHOOL

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61 simple, tested recipes that can work in your home

Soups, main courses and desserts just like in Hungary

Cultural insights and tips for shopping

More than 500 photos to show you step by step



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BY CHEFPARADE COOKING SCHOOL

Dear Friends, Dear Lovers of Hungarian Food,

Gastronomy, cooking and food 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 where 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.

This book is a nice album. Get ready for meat stews, casseroles, steaks, roasted pork, beef, poultry and smoked sausages. Learn how to make soups, goulash, paprikas, stuffed cabbage, various kinds of noodles, dumplings and potato sides. Enjoy truly fantastic desserts. We hope the pictures within the book will help you with the preparation and we hope the recipes will work in your kitchen, too. Special attention has been paid to talk about ingredients and give ideas on how to substitute if necessary. In addition there are loads of cultural insights, hints and tips.

Enjoy reading, enjoy cooking and thank you for buying the book.

FOREWORD TO THE THIRD EDITION

It has been ten years since this book was first published. The reception exceeded far our expectations. We have reprinted 5 times, we sold over 15.000 copies.

This very edition was extended with 15 new recipes and of course lots of new pictures, drawings and add-on information. Again thank you for buying the book. Your support means a lot to the cookery school.



2023

2018



SERTÉSPÖRKÖLT

PORK STEW

Pörkölt is a meat stew which originates from Hungary, but is eaten everywhere in Central Europe and the Balkans. Pörkölt means roasted and it is a thick, deep and red stew.

INGREDIENTS FOR 4 PERSONS

800 g pork meat, cut into cubes
 3 tbsp oil or lard
 1 large onion
 2 tbsp sweet red paprika powder
 1 tsp ground caraway seeds
 2 cloves of garlic
 2 bay leaves
 salt, pepper to taste
 some chili paprika to have a little kick

Tarhonya:

150 g egg barley
 3 tbsp oil
 water to cook egg barley

PREPARATION TIME: 60-90 MINUTES



1. Peel and finely chop onion. Sauté it in lard/oil - stirring constantly - about 3-5 minutes. When it is a little brown, take it off from fire and add spices: salt and red paprika powder. Stir it and pour some water into it.



2. Add meat. Season with caraway seeds, pepper, bay leaves and cook it for approx. 30 minutes.



3. Lower the heat, cover, and slowly boil. Keep adding some water if necessary, as the gravy simmers. If needed, pour some water, always just a little bit and cook it.



4. When almost ready, add garlic and chili. Depending on meat quality/age and heat level it may take 30-90 minutes to finish.



1. **Tarhonya:** Toast the dry pasta in oil for about 4-5 minutes. Add salt. Toasting will give a smoky flavour to the pasta.



2. Depending on the quantity and the heat, it might take a little longer. About half of the pieces should turn to a darker colour.



3. This is the point when you have to pour in water, enough to cover the pasta. Let it boil for about 8-10 minutes until pasta is soft and the water is absorbed.

GOOD TO KNOW

It should not be confused with Goulash, a stew with more gravy or more precisely a soup or Paprikás, which is thickened with sour cream. The traditional Hungarian stews: Pörkölt and Paprikás along with the traditional soup "Goulash" are considered to be the national dishes of Hungary.

The word **Pörkölt** simply means "roasted". Basic pörkölt is made of meat, onion, sweet paprika powder and seasoning. There are different pörkölt variations from region to region. In most parts of Hungary pörkölt is made with beef or pork. The essence of a pörkölt is found in the use of the very few ingredients. The spiciness and the taste of the paprika powder used is very important for the flavour.

SHOPPING

Tarhonya in Hungarian is a kind of egg barley, an egg-based pasta grain originating probably from the influence of the Ottoman empire. Tarhonya is a simple product, being made of water, wheat flour and whole eggs, formed into barley-sized grains by cutting or grating, making it similar in appearance to a large couscous. The grains are dried and stored, and can be toasted and then boiled before being used in different dishes.

TIPS AND HINTS

Pörkölt should be simmered slowly in very little liquid. Flour is not to be used to thicken a Hungarian pörkölt.

In Hungary pörkölt is served typically with tarhonya or rökelt as a side dish.

