

## ÚJHÁZY TYÚKHÚSLEVES

### Hen Soup in Ede Újházy Style (can be made from Guinea fowl)

Source: VILÁGHÍRÛ MAGYAR ÉTELEK- ISBN 963 8581 3 X

#### INGREDIENTS (for appr. 4-6 persons)

- 1.5-2 kg hen (one medium-sized animal)
- 250 gram cleaned carrot
- 100 gram cleaned parsley root
- 60 gram cleaned celery root
- 60 gram cleaned kohlrabi (Hungarian turnip)
- 100 gram cleaned champignon (not particularly necessary)
- 60 gram cleaned onion (a whole one)
- 200 gram cleaned cauliflower (can be left out)
- 100 gram fresh green peas (optional)
- Cloves of garlic (4-8)
- a sweet bell-pepper (optional)
- a sweet tomato (optional)
- one cleaned potato
- 1 bunch of parsley
- salt, whole black pepper and 2 bay leaves, plus a teaspoonful of mustard seeds

1. Cut the cleaned and washed hen into 8 pieces (use the liver and the gizzard too), then put into COLD water and bring to a boil. When boiling, using a skimmer, skim the foam from the soup and season with salt to your taste.

2. Put some whole black pepper, the mustard seeds, cloves of garlic and an onion and salt to taste. Put it in the pot.

3. Continue simmering the soup, when the hen is half cooked, break the cauliflower up into small florets and add to the pot, put the cleaned vegetables, the mushrooms, green peas, bell-pepper, tomato and the bunch of parsley into the pot. Cover and simmer very gently. LOW FIRE!!!!

4. After the soup has cooked for the appropriate time and the hen is soft, take it out of the soup, let cool for a short time, remove bones and discard, and then cut the meat julienne (3-4 cm long, 1x1 cm prism). Pull the soup

aside, and let it rest for about 10 minutes, then pass the soup through a fine sieve (you can use a filter-paper too).

5. Take the carrots, parsley roots and mushroom out of the soup, and cut them into strips.

6. When serving, put some meat strips, and some mixed vegetables into soup bowls, some florets of cooked cauliflower, green peas, mushroom, and some vermicelli, strawberry-leaf or shell-shaped noodles/pasta (we used "snail" type) separately cooked in small amount of soup or just water. Ladle the hot soup on them, and then sprinkle with fresh, finely chopped parsley. You can serve this soup in a soup-tureen too, but in this case you don't need to bone out the meat, only cut into smaller chunks. After eating the soup, you can offer some tomato-sauce or pickled grated horseradish for the meat. Or dill-sauce, or garlic sauce...or horse raddish-sauce.

You don't need to bone out the meat, only cut into smaller chunks. After eating the soup, you can offer some tomato-sauce or pickled grated horseradish

### **GARLIC SAUCE** (to go with the meat boiled in the soup)

for appr. 4 persons

3-5 cloves of garlic

salt (according to taste)

a touch of sugar (about only 1 teaspoonful)

appr. 3-4 spoonful of oil or butter, or could be both (any but olive)

appr. 3 spoonful of flour (wheat, preferably)

appr. 500 ml of meat soup, only the liquid itself

sour cream, about 200 gramms OR a mixture of 100 g of sour cream and 50-50 g of cream (sweet) and milk

How to prepare:

In a casserole heat the oil/butter together with the flour, mix them well before, and stir until it gets a little light brownish. At that point add the smashed garlic and stir well, but do not let the garlic burn as it would make the whole stuff a bit bitter. Just use low fire. After 1-2 minutes pour the soup in and stir well so that it does not become gnarly. If it has become gnarly, do not panic: you can still use a "giraffe" to make it smooth. If it should be too thick, pour some water to make it thinner. Boil well while still stirring until it gets the perfect sauce-type thickness. Put the salt and the sugar in and taste it. When it is well heated and boiled out (after some minutes), draw the casserole off the fire, put the sour cream, stir well in and let the sauce cool down a little. It is ready.

## Layered Potato Casserole (Hungarian Rakott Krumpli)

Ingredient estimated for 4 servings:

1 kg medium sized Potatoes  
4 medium sized Onions  
6 Eggs  
300 grams Smoked Sausage with Paprika  
500 ml Sour Cream  
3 tablespoonfuls of breadcrumbs  
300 grams Smoked bacon strips  
Salt, pepper

Preparation:

1. Wash the potatoes and boil them in a pot of water until soft.
2. Rinse the water away and peel off the potatoes skins.
3. Slice it and set it aside for layering when all the ingredients are ready. Pre-heat the oven to 200°C.
4. Add salt to another pot of water and boil the eggs. Salt is to allow it to be easier to peel off the shells. Hardboiled eggs takes about 11 minutes.
5. Remove the shells of the eggs and put them into the egg slicer.
6. Slice the smoked sausages, onions.
7. Mix the sour cream.
8. Greased the baking dish or casserole including the sides.
9. Spread breadcrumbs all around the inside of the dish.
10. Lay the bacon strips.
11. Second layer the smoked sausages.
12. Third layer the onions.
13. Fourth layer the potato slices.
14. Lightly salt and pepper it and pour half the sour cream mixture.
15. Fifth layer the sliced hard boiled eggs.
16. Repeat these steps until all the ingredients are finished. The top most layer will be the potatoes and then finish it off with the other half of the sour cream mixture.
17. Place the entire casserole into the preheated oven.
18. Let it bake for 40 minutes.
19. When it is ready, served it and make sure you top it again with a dollop of sour cream... enjoy!

## ***Curd cheese dumpling***

### **Ingredients (for about 10 dumplings)**

500g (17,64 oz) curd cheese (*túró*)  
120g (4,23 oz / 0,5 cup) grits (*búzadara*)  
3 eggs (*tojás*)  
a pinch salt (*só*)  
200ml (6,76 fl oz) sour cream (*tejföl*)  
bread crumbs  
powdered sugar

### **How to become master of the Hungarian kitchen**

The first step is to put the curd cheese, the grits, the egg yolk, and a pinch of salt in a pot. Grab a wooden spoon and mix up these ingredients. In parallel, make the egg whites into a hard foam and gently add on top of the mixed ingredients. Now, cover the dollop with plastic wrap, and leave it for about two hours. This step is needed in order to soften the grits. Then, while we are waiting for the grits to soften (about two hours), brown the bread crumbs in a frying-pan. Stir it quickly in order not to burn it! After it is ready, put it apart. When the grits in our dollop is soft enough, whisk the white of the egg and fold it slowly in the dollop. Now put water in a cooking pot with a pinch of salt, and wait until it starts to boil. Wet your hands to shape little balls from the dollop and put them in the boiling water. At the beginning stir them carefully so they won't stick to the bottom. When the dumplings come up to the top of the water, then they are ready. It is usually about five minutes. Cut the one of them in half, and check if it is really ready (they will be soft). If they are, put them in the toasted bread crumbs. Serve it on a plate with sour cream, and powdered sugar on the top. Enjoy!

thanks again for the pleasant evening!