

# Hungarian (healthy) recipes

## Körözött

Körözött is a spicy spread. Originally it is made with quark, sour cream, and peppers. In Hungary every family has their own recipe. It's perfect for breakfast.

Healthy version:

- 250 g low-fat quark
- 100-150 g low-fat yoghurt
- 1-1,5 tsp paprika (or to taste)
- 1 tsp salt
- 1 pinch pepper
- 1 pinch garlic powder / 1 little chopped onion

Mix all the ingredients. Serve with whole wheat bread or sourdough and fresh vegetables.



# Hortobágyi pancake

Hortobagy pancake or Hortobágyi palacsinta is one of the most popular dishes of traditional Hungarian cuisine. Hortobagy pancake recipe is quite simple. It is a pancake with meat filling, served in sour cream and paprika sauce. It is served as a warm starter, especially in weddings, but it is not uncommon for it to be the main course, because it a very filling meal.

## Healthy version:

### Pancake:

- 20 dkg oatmeal (ground)
- 2 dl low-fat milk
- 3 dl of water
- 5 egg whites
- 1 egg yolk
- salt
- coconut oil (for cooking)

### Meat sauce:

- 40 dkg chicken breast
- 1 pc medium onion
- 1 pc paprika
- 1 pc tomato
- 1-2 tbs of coconut oil
- 1 tsp red pepper
- 3 dl yogurt
- 1-2 tbs corn starch
- parsley

### Meat sauce:

1. Cut the chicken breasts into small pieces.
2. Heat the oil in a frying pan and briefly fry the onion until it becomes translucent.
3. Turn the heat down. Add red pepper to the onion and mix well. Pour 1 dl water to it.
4. When the water evaporated, add the meat, salt, and black pepper. Cook the chicken until well browned and cooked through.
5. Now add chopped tomatoes, paprika, parsley and pour 8 dl water over everything. Steam it for a half an hour.
6. Then take a sieve and strain the meat so that it separates from the sauce. Leave the meat on the side to cool, and let the sauce stay in the pan.

7. In a small bowl, mix the sour cream and the corn starch and then add it to the sauce. Cook and wait until it become thick. (If it isn't enough thick, you can add more corn starch.)
8. Grind the meat and mix it with the 1/3 of the sauce.



### **Pancakes:**

1. Put the oatmeal, eggs, milk, water, and a pinch of salt into a bowl and whisk to a smooth batter.
2. Set a medium frying pan over a medium heat and carefully wipe it with some oil. When hot, cook your pancakes.
3. Fill the pancakes with the meat filling and fold them as in the picture. Pour it with the sauce.



# Lecsó with scrambled eggs

Hungarian lecsó (is a vegetable stew that combines three of Hungary's favourite ingredients: peppers, tomatoes, and paprika. Lecsó can be served variously as a vegetable side dish, appetizer, or the main meal itself. Some people use lard to cook the vegetables. Some add fried sausage, bacon, or eggs to the dish. And some even add rice. Lecsó is one of those dishes you can make your own once you understand its main components.

## Ingredients:

- 5 Sweet Hungarian yellow wax peppers (or banana peppers)
- 1 medium onion
- 4 medium tomatoes
- 4 eggs
- salt
- black and red pepper
- coconut oil

1. Heat the oil in a large pan and add the diced onion and a pinch of salt. Cook slowly until the onions are clear and glassy.



2. Add the diced Hungarian wax peppers, the diced tomatoes and a big pinch of salt and peppers. Mix the ingredients, cover the pan and cook for about 20 minutes.



3. Scramble the eggs and add the eggs to Lecsó. Cook for about 2 more minutes.



### **Rakott káposzta:**

Rakott káposzta is a delicious Hungarian layered sauerkraut (sour cabbage) casserole featuring originally pickled cabbage, pork and rice with a sour cream topping.

#### **Healthier version:**

- 600 g chicken breast
- 250 g brown rice
- 800 g pickled cabbage
- 1 tub low-fat yoghurt
- 1 medium onion
- salt, black and red pepper
- marjoram

- coconut oil

### **Chicken ragout layer**

1. Cut the chicken breasts into small pieces or use minced meat.
2. Heat the oil in a frying pan and briefly fry the onion until it becomes translucent.
3. Turn the heat down. Add red pepper to the onion and mix well. Pour 1 dl water to it.
4. When the water evaporated, add the meat, salt, and black pepper. Cook the chicken until well browned and cooked through.
5. Now pour 8 dl water over everything. Steam it for a half an hour.



### **Sauerkraut layer**

1. Place the sauerkraut in a sieve and squeeze out its liquid.
2. Heat the oil in a medium sized pan over a medium heat.
3. Add the cabbage and cook until it is browned.



### **Rice layer**

1. Cook the rice

## Layering

In a medium-sized baking dish place a third of the rice, then add a third of the meat (with sauce) and then the sauerkraut. Do this steps 2 more times, and then spread the yoghurt over the top of the dish. Bake in the oven at 180°C or until the yoghurt is browned.

Serve it with more yoghurt.







## Aranygaluska

Aranygaluska consist of balls of yeast dough that are dipped in melted butter, and then rolled in a mixture of sugar and ground walnuts, assembled into layers before being baked till golden. It's usually served with vanilla custard.

### Healthier version:

#### Dough:

- 4 eggs
- 7 tbs oatmeal (ground)
- sweetener
- 1.5 tbs melted coconut oil
- 1 tsp baking powder

#### Crumb

- 50 g walnuts (ground)
- sweetener
- 1 tsp cinnamon

1. Whisk the eggs until fluffy.
2. Mix the eggs with the oatmeal and baking powder.
3. Pour the coconut oil in it and mix well.
4. Bake this mixture for 20 minutes at 170 degrees
5. Shape dumplings from the dough and roll them in the walnut-sweetener-cinnamon mixture.
6. Serve with vanilla custard (made with low-fat or plant-based milk, erythrite)



