



Helen's
Hungarian
Heritage



~Recipes~

Clara Margaret Czegeny

Helen's Hungarian Heritage



~Recipes~



Clara Margaret Exegeny



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To my dear Mom...

*... the translator, the teacher, the
master chef, chief editor and
consultant. Without you there would be
no Hungarian Heritage Recipes
Cookbook.*

Love Clara



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Jó étvágyat!

(yo ate-vaht-yawt)

Good Eating!

Put a little Paprika in your Life!



Pastries, Squares,
Tortes & Crêpes



PASTRIES, SQUARES, TORTES & CRÉPES

Édességek - Apro Sütemény

HUNGARIAN PASTRY

Hungarian confectionery and bakery looks back to centuries of history during which French and Italian masters refined the local masters' knowledge and expertise. Though Hungarian confectioners were inspired by international masters of the trade, they always kept Hungarian tastes in mind.

The Hungarian countryside has many cakes and pastries that you won't find in the big-city shops. Countrymen use a few quality ingredients for the recipes handed down within the family.

Hungarian-made breads and pastries have to be one of the most delicious in the world. Those who have had the pleasure, know it is the lightest and most flavourful you will **ever** taste, especially right out of the oven. Being an agricultural country, there is plenty of wheat for cooks to create many different kinds of bread types and their variations. Some examples are the **Kifli** (crescent), bread rolls, egg twists, **Lángos** (rustic pancakes) and countless pastries that can make anyone's mouth water.

At the end of the 17th century, Ottoman Turks desired to capture Budapest by building tunnels under the city walls. The Turks were unsuccessful in their attempts, however, since the bakers who worked early hours noticed the impending attack, and sounded the alarm. In celebration of the Turks' failed attempt, the city's bakers baked bread in the shape of the Turkish Empire's emblem – the crescent moon – and called it **KIFLI**. It was an instant hit in both Budapest and Vienna. It is said that Marie Antoinette, Queen of France, brought the Kifli with her to Paris in the 18th century, which inspired the French to

make their own version - the world famous - Croissant. Sometimes called **Kossuth Kifli or Kossuth Crescents**

The **Kifli** (pronounced kee-flee) is a crescent-shaped pastry that was one of my childhood favourites. It is the traditional Hungarian cookie made by cutting sheets of soft flour dough into triangular wedges, wrapping those wedges around a filling of sweetened nuts (usually walnuts or pecans) or poppy seeds or thick **lekvár** (apricot or plum) to create a crescent-shaped morsel, which is then baked (permitting the dough to puff) and then lightly sprinkled with icing sugar or cinnamon. From every region in Hungarian comes a different recipe. You will find each one unique and classic. Some are flakier than others – some more time-consuming to prepare – but very, very delicious – and a lingering memory!

Important note for Pastry Yields: You can roughly estimate the recipe's overall yield by the sheer number of cups of flour. For 1 cup – you will be able to make about 12 cookies/pastry pieces. For 2 cups – 24 and so on. It's difficult to give exact final yields – as this solely depends on the pastry chef. It is important to follow directions for rolling out dough otherwise you will run out of dough before you run out of filling or vice versa.

~~~~~

Mom's teacher, after Mom intelligently answered a difficult question during geography class – quoted;

***"Korán meglátszik méljik téjből lesz jó Türo.  
Korán meglátszik mélkik leánybol lesz jó gazda  
assóny."***

***Which loosely translates...***

***"It is very easy to distinguish which milk will  
yield the best cottage cheese. In the same  
manner, you can detect very early which young  
girls will become amazing housewives/cooks."***



## COTTAGE CHEESE PILLOWS or BUNDLES

### *Debreceni Túrós Béles*

These cottage cheese bundles are so very soft and flakey and filled with sweet farmer's cheese flecked with golden plump raisins. You can't have just one, it would be a sin. Although the dough is a bit fussy, well worth the effort. And, very versatile, it can be made into **Crescents - Kiflis** with many different fillings.

#### Dough

**4 cups flour**  
**3 egg yolks**  
**3 tbsp sour cream**  
**1 tbsp vinegar, white**  
**1 cup cold water**  
**¼ tsp salt**

#### Spread

**1 cup flour**  
**1 lb Crisco \***

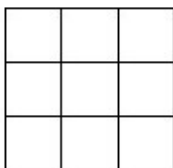
#### Filling

**Cottage Cheese (Recipe Follows)**

**SPREAD** - In a medium bowl, cream 1 cup flour and shortening. This will be your spread. Set aside until ready to use. (\***Note:** May use ½ butter and ½ Tenderflake if you chose – equally delightful)

**DOUGH** - Blend flour and other ingredients work into smooth dough. Let rest 15 minutes. Roll out into large rectangle – Spread 1/3 mixture evenly. Fold like a letter – bottom to middle, top to middle, left to middle, and finally, right to middle. Put on wax paper – wrap and place in zip-lock bag in fridge for 15 minutes. Repeat process 2 more times until all spread is used up. Refrigerate for several hours or overnight. Next day, thaw and roll out ½ of dough at a time. Roll out dough – into large square. (see graphic) With a sharp knife cut dough into 2" squares.

**BUNDLE ASSEMBLY** - Place cottage cheese in dollops in middle of squares. Take 4 corners of pastry and draw together and make a tiny twist or pinch to hold bundle together. You can also place a toothpick through pinched dough to hold bundles snugly together. Bake at **350°F** for 25 minutes. Before bundles cool – remove toothpicks. Dust generously with icing sugar and vanilla sugar. To recreate that fresh from the oven taste and warmth, reheat for 20 minutes in **200°F**.





## COTTAGE CHEESE FILLING

### *Túrós Töltelék*

This is a classic cottage cheese filling. Don't try to substitute with other cheeses – only the dry pressed farmers cottage cheese from the deli will work – the sloppy watery kind will be disastrous!

**1 lb dry cottage cheese**  
**1 whole egg**  
**1 cup sugar**

**¼ tsp salt**  
**½ cup yellow raisins, (opt)**  
**1 whole lemon rind, grated**

Beat the sugar, eggs and salt. Mix in cottage cheese. Use with recipe above – ***Cottage Cheese Bundles - Debreceni Túrós Béles.***



## COTTAGE CHEESE PIE WITH DILL

### *Kapros Túrós Lepény*

Traditionally cottage cheese is a popular filling for cakes, squares, pastries and crêpes. It is also a savoury topping to noodles and pies. This cottage cheese pie is a very good accompaniment to a hearty soup like goulash or bean soup – sweet or savoury – your choice. Hey the French Canadians have their pork Tortière – so the Hungarians can have their cottage cheese pie – yes?

#### Pastry

**1½ cups flour, sifted**  
**2 pkg yeast**  
**150-200 ml milk, lukewarm**

**4 tbsp butter, melted**  
**1 egg**  
**2 tbsp sugar**  
**Pinch salt**

#### Filling

**1½ lbs dry cottage cheese**  
**2 eggs, separated**  
**½ cup sour cream**

**2 tbsp fresh dill, chopped**  
**Salt or sugar according to taste**

**Pastry:** Dissolve 1 tbsp sugar in 2 tbsp lukewarm milk and crumble yeast into it. Let yeast proof in a warm place. In a deep bowl whisk one egg with ½ cup milk, the rest of the sugar and with a pinch of salt. Add flour and melted butter. Knead into a soft dough. (Add milk as required.) Kneading is done when dough comes away from sides of the bowl. Cover it with a kitchen cloth and let it rise in a warm place until doubles (1 hour).

Butter and flour a deep, square baking dish. Knead risen dough on a lightly floured surface. Roll dough out and place it in baking dish. Let it rise a bit in a warm place for 20-25 minutes.

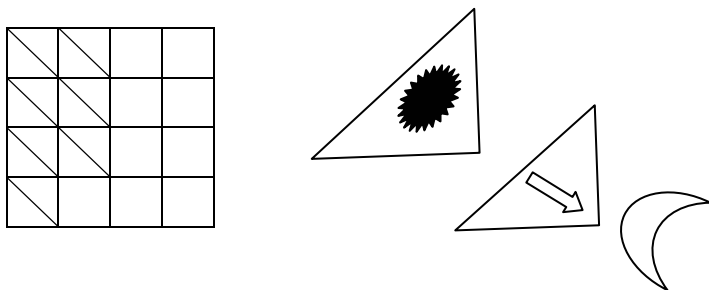
**Filling:** Break up cottage cheese with a fork. Whip egg whites until stiff. Mix cottage cheese with 1 egg yolk, sour cream, chopped dill and salt or sugar. Fold egg whites into cottage cheese mixture. Spread filling onto dough. Brush top of filling with remaining 1 egg yolk. Bake at **350°F** for 30 minutes or until bottom of pastry is light golden brown. Do not be tempted to open oven door for first 20 minutes as cheese filling may tend to collapse. When ready, remove from oven and let cool slightly. Slice the pie up into squares and serve lukewarm.

## WALNUT & JAM CRESCENTS

### *Díós és Lekváros Kifli*

**FOR KIFLIS:** Make recipe as above **Debreceni Túrós Béles**, roll out dough – into large square. (see picture below). Then with a sharp knife, make 4 cuts – in strips – 2" wide. Then, make 4 cuts crosswise **see below**. Then cut into triangles by cutting each square on the diagonal. Place spoonfuls of filling (**See Fillings**) in centre of each triangle and roll wide-side towards pointed end. Bake at **350°F** for 25 minutes. Dust with icing sugar and serve.

Place your favourite filling in centre of triangles and roll as per diagram below, curving dough ends inward.



## EASY CRESCENTS

### *Könnyű Kifli*

Just as the name signifies, easy, but none-the-less flakey and delicious.

**Crescent Pastry****3 cups flour****2 stick sweet butter****6 egg yolks****1 tsp salt****½ cup sour cream****Fillings (your Choice)****Ground Walnuts****Pureed Chestnut****Poppy Seed****Lekvár - Apricot or Plum**

Mix flour and butter. Cream egg yolk and sour cream. Combine all ingredients. Make small balls, walnut size. Put into refrigerator overnight. Roll out one at a time. Spoon out filling, roll up and bake at **350°F** for 15-20 minutes. Let cool slightly – dust with confectioners and vanilla sugar.

**CRESCENTS***Kifli*

This recipe takes a little bit of work – but well worth it. The results will be very satisfying. Each of the Kifli recipes has its own distinct quality.

**2 lb flour****4 sticks sweet butter****1 cup sour cream****¼ cup milk (if req)****1 fresh cake yeast****Grated rind of ½ lemon****10 egg yolks****Fillings (your Choice)****Ground Walnuts****Pureed Chestnut****Poppy Seed****Lekvár - Apricot or Plum**

Combine fresh yeast with sour cream, and then cut butter into flour. Add grated lemon rind. Beat egg yolks well and add to dough. Fold ingredients gently to form proper consistency (add milk if req). Roll into small walnut-sized balls. Refrigerate 12 hours.

On day of baking, remove dough from fridge and let stand 10 minutes at room temperature. Take each ball one at a time and roll out to ⅛" thickness. Add your choice of filling. Roll up and curl ends inwards crescent-like. Brush tops with beaten egg yolk. Place on cookie sheet (lined with parchment) and bake at **400°F** until light brown- 20 minutes or so. Remove and when cooled slightly, dust with sifted confectioner's sugar. The best ones are hot from the oven!

## FLAKEY HUNGARIAN CRESCENTS

### *Magyaros Omlos Kifli*

As the name signifies, this dough produces very flakey crescents.

#### Crescent Pastry

4 cups flour  
2 stick sweet butter  
½ lb shortening  
4 eggs, yolks

2 envelopes yeast

2 tsp sugar  
1 cup milk  
Icing sugar  
Vanilla sugar

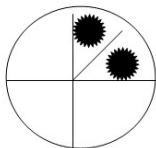
#### Fillings (your Choice)

Ground Walnuts  
Pureed Chestnut

Poppy Seed

Lekvár - Apricot or Plum

Mix all ingredients together being careful not to over-mix. By kneading or over-mixing, you will develop the gluten in the flour which in turn, causes the finished product to be stretchy and hard, not airy light and flakey. (Not desirable) Let rise 2-3 hours or overnight in refrigerator. On day of baking, remove from refrigerator – let stand for 10 minutes. Separate into 8 balls and then, roll out each ball into a large circles and cut **into 8 pizza slices (see diagram below)**.



**Fillings:** See Fillings Section for recipes. Roll up into crescent shape (curve edges inward) – place on parchment paper lined cookie sheet – bake at **375°F** for 25 minutes. Let cool slightly – dust with icing and vanilla sugar combination.

## CRESCENTS

### *Kifli*

6 cup flour  
6 egg yolks  
4 sticks sweet butter

1 pkg yeast  
¼ cup warm milk  
1 cup sour cream

#### Fillings (your Choice)

Ground Walnuts  
Pureed Chestnut

Poppy Seed

Lekvár - Apricot or Plum



Mix all ingredients together to form a soft dough. Let rest. Refrigerate overnight. Roll out into rectangle or circle and cut into triangles.

**Fillings:** Select from; walnut, poppy seed or jam. Place on parchment lined cookie sheet – bake at **375°F** for 25 minutes. Let cool slightly and dust with icing/vanilla sugar combination.



## MIX-MASTER CRESCENTS

### *Verő Gép Kifli*

#### Dough

2½ cups flour

4 egg yolks

1 cup sour cream

1 cake yeast

1 oz whiskey

1 oz vinegar

½ tsp salt

#### Spread

1½ cups flour

1 lb shortening, Crisco

#### Fillings (your Choice)

Ground Walnuts

Pureed Chestnut

Poppy Seed

Lekvár - Apricot or Plum

**Spread:** Cream shortening with flour until fluffy. Set aside.

**Dough:** Dissolve yeast cake in sour cream. Add beaten egg yolks, whiskey, and vinegar and salt to flour in a large bowl. Mix with an electric beater until dough is smooth. If dough rises on the beater, press down with spatula. When smooth, place in refrigerator for one hour.

Take out of fridge, let stand 5-10 minutes, then roll out into large rectangle and spread 1/3 of Crisco on chilled dough that is rolled out to a large rectangle. Fold envelope fashion (opposite corners to center) covering the shortening entirely. Fold dough in ½. Chill for ½ hour. Repeat process until all shortening is used (3X). Refrigerate for ½ hour or longer. Roll dough to ¼" thickness, cut into 2" squares and fill with favourite filling - **Fillings:** walnut, poppy seed or jam. Bake at **350°F** for 25 minutes or until a light golden colour. Cool slightly, and then dust with icing sugar before serving.



## FLAKEY CRESCENTS

### *Réteges Kifli*

This is a very flakey pastry with a heavenly light texture. The layering, folding and spreading of the shortening in between the layers creates the flakiness.

**Pastry**

**3 cups flour**

**4 egg yolks**

**½ pt sour cream**

**½ cup milk, lukewarm**

**1 pkg yeast**

**1 tbsp sugar**

**Spread**

**1 lb Crisco shortening**

**1 cup flour**

**Fillings (your Choice)**

**Ground Walnuts**

**Pureed Chestnut**

**Poppy Seed**

**Lekvár (your choice)**

**Apricot or Plum**

**Spread:** Cream shortening and 1 cup flour. This will be your spread.

**Dough;** Mix remaining ingredients well. Roll out and spread with 1/3 portion of spread. Fold over envelope style and place in refrigerator ½ hour. Repeat this two more times and put in refrigerator overnight. Roll out and cut in squares, fill with desired filling and fold into crescent shape. Bake at **350°F** for 30 minutes. Sprinkle with powdered sugar before serving.



**FLAKEY PASTRY**

*Leveles Tészta*

**2 cups flour**

**3 egg yolks, beaten**

**¼ cup white wine or milk**

**½ cup cold water**

**½ lemon rind, grated**

**½ lemon, juice**

**3 tbsp Crisco**

**1 tsp salt**

**Spread**

**1 stick sweet butter**

**1 cup flour**

**1 cup Crisco**

**Fillings**

**Ground Walnuts**

**Poppy Seed**

**Pureed Chestnut**

**Lekvár (your choice)**

**Apricot or Plum**

**Pastry:** Mix beaten egg yolks with water, wine and lemon juice. Mix flour and salt and cut in Crisco. Add grated lemon rind. Add egg yolks liquid to flour mixture, adding 1 cup of cold water and work with fork in a beating motion until dough is smooth (about 10-15 minutes). The longer that you work the dough, the better, but do not use too much flour. For added softness, add 2 or 3 tbsp of water. When dough is smooth, form into a ball and cover with a bowl for ½ hour. Roll dough

out lightly to about 16" square and  $\frac{3}{4}$ " in thickness. Cream  $\frac{1}{3}$  of spread evenly on dough and then fold opposite corners to center of dough. Be sure all of Spread is used. Press down and wrap in waxed paper and refrigerate for  $\frac{1}{2}$  hour or longer.

**Spread:** Cream Crisco and butter together and mix in flour in a large bowl with a wooden spoon until it looks like whipped cream. Refrigerate until needed.

Repeat same process 2<sup>nd</sup> time. Refrigerate as before. Repeat same process a third time. The fourth time the dough should be rolled out again and folded as before (do not use spread this time) and refrigerate for about 8 hours. This dough can be kept in the refrigerator for three days if necessary. After dough has been in refrigerator for at least 8 hours, roll dough out to  $\frac{1}{4}$ " in thickness and cut into 3" or 4" squares. Place dollop of favourite filling into center of square and roll into neat crescent. Bake at **375°F** for 35 minutes or until pastry is a nice rosy brown. Dust with icing sugar before serving.



## **FLAKEY PUFF PASTRY**

### *Réteges Leveles Tészta*

**1 cup all purpose flour**

**$\frac{1}{4}$  cup pastry flour**

**$\frac{1}{4}$  tsp salt**

**2 sticks + 5 tbsp coarsely**

**grated, frozen butter**

**6 tbsp ice water**

Sift both flours and salt together in a large bowl. Add butter to the bowl. Toss to mix. Add the ice water to the bowl and combine gently with a fork. Turn dough out onto a floured work surface. Smear the dough with the heel of your hand until all the dough has been smeared at least once. This helps incorporate the butter and makes the dough flakier. Gather the dough into a ball, and chill the dough in the freezer for 20 minutes.

Remove from freezer; roll it out into a rectangular shape with the long sides running horizontally. Fold the top third of the rectangle down over the dough. Fold the bottom third of the rectangle up over the dough so the edges of the folded dough touch. Fold the left edge of the dough over to meet the right edge, and pinch the seam. Wrap the dough tightly in plastic wrap, and chill the dough in the freezer for 20 minutes.

These steps must be repeated for 6 full folds. Then the dough will be ready to roll out and use. **(Folding technique – see diagram below).**

**Chef's Hint:** It is critical to keep the dough cold while you are working; the little bits of butter must remain cold and firm. If the butter begins to soften, return the dough to the freezer for 10-20 minutes, and then resume your work. Cold marble surfaces are ideal for working with puff pastry. Typically, after rolling out your puff pastry for use, lightly brush one side with a wash of egg beaten with some cold water. Invert that side over your filling and let the wash serve as a light glue around the sides of your baking dish. Brush the top of the pastry with some more of the egg wash for a high-gloss finish. **Warning:** Try not to over-handle the dough. Work as quickly as you reasonably can.



## FLAKEY PUFF PASTRY

### *Réteges Leveles Tészta*

My mother is a whiz in the kitchen – especially when it comes to baking pastries. This is one of my all time favourites to watch her make Making pastry from scratch really scares some people, which is funny when you realize that many of them probably use the expression "**easy as pie**" and never make the connection.

Puff Pastry is great to have on hand to make quick party appetizers or sweets. Making your own ensures rich buttery flavour but can be time consuming. Mom's quick puff pastry recipe yields tons of flaky layers in a fraction of the time it takes to make traditional puff pastry.

**1 cup cold sweet butter**  
**1-2/3 cups flour**

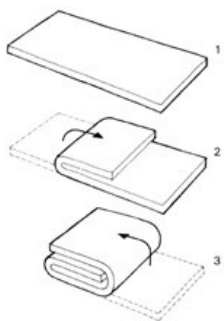
**3/4 tsp salt**  
**1/3 cup cold water**

In a bowl place cut butter (½" cubes). Set aside ¾ cup butter in refrigerator. In food processor, blend flour with salt. Sprinkle remaining butter over top; pulse until indistinguishable, about 10 seconds. Sprinkle with reserved butter; pulse 4-5 times to cut into pea-size pieces.

Pour water evenly over mixture. Pulse 6 - 8 more times until loose ragged dough forms. Transfer to floured waxed paper; gather and press into rectangle. Dust with flour; top with waxed paper. Roll out into a 15"x12" rectangle.

Remove top paper. Starting at long edge and using bottom paper to

lift pastry, fold over one-third; fold opposite long edge over top, bringing flush with edge of first fold to make 15"x4" rectangle. Starting from the short end, roll up firmly; flatten into a 5" square. Wrap and refrigerate until firm, about 1 hour. (Make-ahead: Refrigerate for up to 5 days or freeze in airtight container for up to 2 weeks.) Yield 1 lb



**Uses & Storage:** Puff Pastry is used for endless desserts such as logs, tarts, triangles with endless fruit fillings and also a variety of savoury recipes such as: savoury potpies, Beef Wellington, sautéed mushrooms, wrapped around roast chicken and asparagus tips or salmon steaks with dill.

Endless variety of choices. The dough stores well in the freezer, wrapped tightly in plastic, for up to one month. Make a double recipe and keep it handy in the freezer. The recipe can also be halved.



## SWEET YEAST BREADS

### *Édes Kalács Tészták*

Sweet yeast breads are beloved by Austro-Hungarians from Budapest and beyond. The variations are endless: stuffed with cottage cheese, nuts, poppy seeds dried fruit or preserves, twisted into braids or crescents, rolled into disks and topped with streusel and created into cinnamon buns, or baked into fluted loaves. It's bread heaven!





## BASIC SWEET DOUGH

### *Édes Kalács Tészta*

This sweet dough recipe is soft and silky and can be used for **Cinnamon Buns** and **Braided Raisin Bread**.

#### Yeast Proofing

**2 pkgs yeast**

**½ cup milk (lukewarm)**

**2 tsp sugar**

**1 tbsp flour**

#### Dough

**4 cups flour**

**4 egg yolks**

**½ cup milk (lukewarm)**

**1 cup sour cream**

**1½ tsp vanilla extract**

**1 stick sweet butter**

**½ tsp salt**

Combine yeast, sugar and lukewarm milk. Sprinkle with flour and let proof. Blend all other ingredients together, and then add yeast and remaining milk to form a soft dough. Cover and let rise in a warm place until doubled in volume. Then follow various recipes below.



## CINNAMON BUNS

### *Darázs Fészek - Hornet's Nest*

These cinnamon buns are unforgettable. They are not the large overly sticky and globbed icing ones, they are smaller, a bit crunchy, but soft in the middle and they unravel to reveal the swirls of cinnamon and butter filling.

**1 cup sugar**

**1 stick sweet butter (room temp)**

**1 tsp cinnamon**

**1 tsp vanilla extract**

**Pinch salt**

Prepare and use ½ portion **Basic Sweet Dough** recipe above. After dough has risen, roll out to ¼" thick onto floured surface. Combine cinnamon spread ingredients until very creamy and spread evenly over dough. Roll up like a jelly roll and cut into 3" thick slices. Place rolls face up and snugly into a parchment lined baking pan. Cover and let rise in warm place for 1½ hours (until doubled).

Bake at **350°F** for 45 minutes. Irresistible – buttery, gooey and the aroma of cinnamon fills the whole house! You might want to make a double batch – the first one results in burnt fingers and tongues, but well worth the memory!



## CHOCOLATE SNAILS

### *Csokoládés Csiga*

You can never have enough chocolate and this is a wonderful variation on the **Cinnamon Buns** theme. I had something like this at a shopping mall bake shop and it was heavenly. I ran home and shared it with mom and she of course created her version on the spot. Voila! It can be prepared either from **Sweet Dough** or **Puff Pastry** dough. Either way – it's sumptuous!

#### Chocolate Spread

**1 stick sweet butter**

**1 ¼ cup sugar**

**1 sachet vanilla sugar**

**3 - 4 tbsp cocoa powder**

**1 cup chopped or ground**

**walnuts (opt)**

**Pinch salt**

**Chocolate Spread:** Cream soft butter and sugar until white and frothy. Sift in the cocoa powder and vanilla and blend it evenly.

**Sweet Dough Method:** Prepare ½ portion **Basic Sweet Dough** recipe above. After dough has risen, roll out to ¼" thick onto floured surface. Spread filling on dough square starting from the side closest to you. Roll it up and slice the roll up into 2" wide pieces and snugly together in a 9"X12"X2" baking pan. Let rise 30 minutes and then bake at **350°F** for 25-30 min. Ready to eat right out of the oven.

**Puff Pastry Method:** Take out ½ portion of **Puff Pastry** from freezer. and thaw in refrigerator overnight. Remove and let come to room temp. Roll out into large rectangle on floured surface. Spread chocolate filling, roll and cut into 2" wide pieces. Place buns 2" apart on cookie sheet and brush sides of snails with melted butter. Bake Snails for 15-20 minutes in **350°F** oven. As soon as snails are ready, brush tops with **Hot Vanilla Milk** (*see below*)

#### Butter Brush

**¼ cup sweet butter, melted**

#### Hot Vanilla Milk

**½ cup hot milk**

**1 sachet vanilla sugar**

**Hot Vanilla Milk:** heat milk and dissolve sachet of vanilla sugar.



## BRAIDED RAISIN BREAD

### *Fonot Kalács*

This is an Easter favourite of all three Czegény girls. We would spread butter on thick slices and separate the braids of sweet dough. A treat

you need to try. The cardamom is a beautiful spice with an aroma and taste that is hard to describe. It **has** to be experienced!

**1 cup raisins, soaked**  
**½ tsp cardamom seeds**

**Egg Wash - 1 egg, beaten**  
**¼ cup water or milk**

Prepare ½ portion **Basic Sweet Dough** recipe above. Soak raisins in warm water for ½ hour. Before first rising of dough, add crushed cardamom seeds and drained raisins. After 1st rising, divide dough into 3 portions and roll out into long thick ropes. Braid and fold ends under and place into parchment lined loaf pans. Cover and let rise 2<sup>nd</sup> time until almost doubled. Brush with egg wash and bake at **350°F** for 30 minutes. When slightly cooled, serve with butter and favourite jam. Great toasted! Prepare **Bread Pudding** from day-old loaf (not likely you will have left—overs). **Yield:** 2 medium loaves



## **HUNGARIAN GOLDEN DUMPLING COFFEE CAKE**

### *Arany Galuska*

A traditional Hungarian dessert. This is very simple, and exceptionally good eating. This recipe consists of sugary balls of coffee cake dough drenched first in melted butter, then dipped in a sugary walnut and cinnamon coating creating a crunchy texture with melt in your mouth sweetness. It is usually baked in a tube pan. When you take the sweet bread out of the oven, you just tear away at the sugary dough pieces (literally). It's amazing! (Some refer to this recipe as Monkey Bread – but let's face it – no monkey is coming near my house!)

This recipe might seem a bit daunting at first, but if you can make dumplings, this is very similar with a few added steps, well worth the effort.

**2 pkgs active dry yeast**  
**½ cup water, lukewarm**  
**½ cup shortening**  
**½ cup sugar**

**1½ tsp salt**  
**4 -5 cups sifted flour**  
**½ cups milk, scalded**  
**2 eggs, well beaten**

Proof yeast using sugar and water. Set aside. Place shortening, sugar and salt into a large bowl. Immediately pour the scalded milk over ingredients in bowl. When mixture is lukewarm, mix in 1 cup of the sifted flour, beating until dough is smooth. Stir the softened yeast and add to dough, mixing well. Add about 2 cups (or approximately ½) of the remaining flour and beat until very smooth. Beat in eggs, and then

beat in enough of remaining flour to make a soft dough. Turn dough onto a lightly floured surface and let it rest 5-10 minutes.

Form dough into a large ball and put into a greased bowl. Cover bowl with towel and rest in warm place until dough is doubled. Punch dough down with fist. Cover and let dough rise again until doubled. Lightly grease the bottom of the tube pan.

### **Crumble Nut Filling**

**1 cup sugar**

**½ chopped walnuts**

**1½ tsp cinnamon**

**½ cup butter, melted**

**½ cup raisins**

Mix sugar, walnuts and cinnamon together in a shallow dish and set aside. Place into another shallow dish the butter and raisins and set aside.

Scoop out dough with ice cream scooper. Dip balls first into butter then roll lightly in sugar mixture. Arrange 1 layer of balls in a tube pan so that they do not touch each other. Sprinkle about one-third of the raisins and slightly press them down. Continue in this manner until all dough and raisins are used. Sprinkle any remaining sugar mixture or butter over top layer of dough. Cover pan with waxed paper and towel and let dough rise again 30-45 minutes.

Bake at **375°F** for 35-40 minutes or until golden brown. At 20 minutes, cover top with aluminum foil so as not to burn the walnuts. Run spatula around sides of tube pan. Invert onto plate. Serve immediately while still warm. Break apart chunks of the cake and pull apart with two forks.



## **FANCY DOUGH**

### *Különleges Kalács*

The name of this pastry says it all - **Különleges Kalács**- extra special – over the top! And it is.

**1½ cakes yeast**

**1 cup milk, lukewarm**

**3 cups flour**

**½ cup sugar**

**½ tsp salt**

**4 egg yolks**

**2 sticks sweet butter**

Dissolve yeast in ½ cup of lukewarm milk. Mix the dry ingredients together. Blend rest of milk with the egg yolks and stir into the yeast mixture. Mix all ingredients together and knead into a soft dough working until shiny and smooth. Form into 2 balls and let dough rest

10 minutes. Roll out each ball of dough into 1" thickness and spread softened butter over each piece of dough. Fold dough – letter style to completely cover the butter and let dough rest ½ hour. (**See previous dough folding graphic**)

Continue this process 4 times, spreading butter, rolling, folding and letting dough rest for 1-2 hours each time. After final time, roll dough out to about ½" thickness, spread with walnut filling and roll up like a large, slightly flattened jelly roll. Place in buttered pan and let it rise for 45 minutes. Brush tops with beaten egg yolk and bake at **350°F** for 50 minutes.

**Walnut Filling** for recipe see **Fillings**.



## BASIC SWEET DOUGH

### *Édes Kalács*

This sweet dough recipe is soft and silky and can be used for many Kiflis and squares.

**2 sticks sweet butter**  
**4 cups flour**  
**4 tbsp sugar**  
**½ tsp salt**  
**1 lemon rind**

**1 pkg yeast**  
**½ cup milk, lukewarm**  
**3 egg yolks**  
**1 cup sour cream**

Crumble butter into flour, add sugar and salt. Add lemon rind. Mix egg yolks with sour cream. Dissolve the 2 yeast cakes in ½ cup lukewarm milk. Add the egg yolks and sour cream mixture to the flour mixture. Add yeast dissolved in milk. Mix well until dough is smooth. Divide into three parts. Make 3 balls and wrap in wax paper. Place in a bowl and cover with a damp cloth. Place in refrigerator overnight or at least 8 hours. Roll each ball to a size 9"x12" rectangle. Fill with **Walnut or Poppy Seed** filling. – See **Fillings**.



## HELEN'S BASIC SWEET DOUGH

### *Honkának Édes Kalácsya*

My mother (Helen) has used this wonderful basic sweet dough probably the most out of all the other recipes. It is versatile and works up beautifully with Beigli, Kifli, Kalács, Lepeny and more.



### **Proofing**

**2 pkgs yeast**  
**½ cup milk, lukewarm**  
**2 tbsp sugar**  
**1 tbsp flour**

### **Dough**

**4 cups flour**

**2 sticks sweet butter**  
**4 egg yolks**  
**1 cup sour cream**  
**½ cup milk, lukewarm**  
**1 tsp vanilla extract or**  
**Rind of 1 lemon (opt)**  
**Pinch salt**

Combine yeast with sugar and milk. Sprinkle with flour and cover to let proof. Crumble butter into flour. Add beaten egg yolks, milk, sour cream and sugar. Add vanilla last. Knead into soft dough. Cover and let rise in a warm place until doubled in volume. Cut into 4 equal pieces. Roll and fill with favourite filling. (**See Fillings**) Let rise 2½-3 hours on cookie sheet until doubles in volume. Brush with egg wash and bake at **350°F** for 30-45 minutes. Let cool, cut and dust with icing sugar. **Note:** This dough makes 2 of Poppy Seed and Walnut Rolls.



## **SIMPLE SWEET DOUGH**

### *Konyű Lusta Kalács*

This dough only requires 1 rising - thus the name! Great for cooks on the go!

**2 cakes yeast**  
**½ cup milk, lukewarm**  
**4 cups flour**  
**4 tbsp sugar**

**1 tsp salt**  
**2 sticks sweet butter**  
**4 egg yolks**  
**½ cup milk, lukewarm**

Dissolve yeast in ½ cup milk. Mix dry ingredients, (flour, sugar, salt), and cut in butter. Mix the 2<sup>nd</sup> ½ cup milk with beaten egg yolks and yeast mixture and then add to dry ingredients. Work dough until smooth, divide into two parts and form 2 round balls. Let stand 10 minutes, and then roll out to ½" thickness and spread with Walnut or Poppy Seed Filling (see **FILLINGS**). Roll up into logs and place in well buttered pan. Let rise 2 hours. Brush tops with beaten egg and bake at **350°F** for 40-45 minutes. Let cool, cut and dust with confectioner's sugar.



## **KUGLOF and COFFEE CAKES**

### *Kuglofok és Édes Kalácsok*

A common **Kuglof or Gugelhupf** consists of a soft yeast dough and contains raisins, almonds and Kirschwasser cherry brandy. Some also contain candied fruits and nuts. It is baked in a special circular pan,

originally made of enamelled pottery, now also used for making **Bundt** cakes. It is usually served for breakfast or a coffee break. It was the sweet chosen to represent Austria in the Café Europe initiative of the Austrian presidency of the European Union, on Europe Day 2006. Here are a few of our Czegeny Family favourites – but there are so many more – it's up to your imagination. Since **Kuglóf** and **Coffee Cakes** usually start from a sweet dough, we have placed the recipes here instead of in the **Cakes and Tortes** section of our book.



## CHOCOLATE KUGLOF (COFFEE CAKE)

### *Fonot Csokoládés Kalács vagy Kuglóf*

**Kuglóf** is a brioche-like coffee bread which used to be the main symbol of an Austro-Hungarian coffee party. Use any of the above **Sweet Dough Recipes** for the following **Chocolate Kuglóf**.

#### Chocolate Filling

**2 sticks sweet butter**

**1 ¼ cup sugar**

**1 sachet vanilla**

**3 - 4 tbsp cocoa powder**

#### Egg Wash

**1 egg, slightly beaten**

Butter and flour a Bundt or **Kuglóf** pan. Whisk the soft butter and sugar until white and frothy. Sift in cocoa powder and blend it evenly. Place **raised** dough on floured wooden board and divide it into 3 equal parts. Roll out dough into squares. Spread dough with the cocoa filling and roll them up. Line up all three ropes and braid. Place braided loaf in pan. Brush the top with slightly beaten egg and bake at **350°F** for 35-40 minutes. When it comes out – it will be multiple swirls of sweet buttery chocolate filling.



## VANILLA COFFEE CAKE

### *Vanília Kuglóf*

This lovely **Vanilla Coffee Cake** or **Kuglóf** is plain and simple, but you will find yourself sneaking a piece throughout the day. **Kuglóf** ("**KUGE-LOFE**") is a rich, sweet bread usually made with raisins and lots of milk.

**½ cup butter**

**3 whole eggs**

**1½ cups flour**

**1 cup milk**

**½ cup sugar**

**1 tsp baking powder**

**¼ cup raisins**

**½ packet vanilla sugar**

**Zest of ½ lemon**

Mix the butter well with eggs, sugar and flour. Add milk, baking powder, raisins, vanilla sugar and lemon zest. Mix well again for a short amount of time and pour into a **Kuglóf** pan that has been buttered and sprinkled with breadcrumbs. Bake at **350°F** for 25-30 minutes. Sprinkle with vanilla powdered sugar.



## HUNGARIAN CHIMNEY CAKE

### *Kürtöskalács*

**Kürtöskalács** ("KOOR-TOOSH-KAL-ACH") or **Kürtos Kalács** is a Hungarian light puff pastry also known as chimney cake or stove cake or Hungarian wedding cake. It is rolled into the shape of a chimney pipe and glazed with caramelized sugar and ground walnuts. It originates in Transylvania, which was a part of Hungary for centuries, and the name originates from the Hungarian word **kürt** that may refer to chimney (**kürto**) or to horn (instrument) (originally made of animal horn).

It is famous as Hungary's oldest pastry. **Kürtöskalács** is sold in bakeries, pastry shops and street vendors who sell them on street corners, carnivals and fairs. The pastry is baked on a hand-turned, tapered, wooden spit, rolled slowly on the wooden cylinder above an open fire. The dough is yeast-raised, flavoured with sweet spices, the most common being cinnamon, topped with walnuts or almonds, and sugar. The sugar is caramelized on the Kürtöskalács surface, creating a sweet, crispy caramel crust.

If you can, bake it in open-fire for which you will need a specific baking rod, but an ordinary rolling pin will do. Cover it with foil and spin over a deep cooking pan or bake in the BBQ using the spit attachment. Cover with enough tin foil to create a rolling pin-like tool.

#### Sweet Dough

**3 cups flour, sifted**  
**1 whole egg + 1 egg yolk**  
**2 tbsp castor sugar**  
**½ stick butter, melted**  
**2 pkgs yeast**

**1 2/3 cup lukewarm milk**  
**1 tsp sugar**  
**Pinch salt**

#### Brushing

**½ stick butter, melted**

#### Coating

**½ cup sugar**

**1 pkg vanilla sugar**  
**½ ground walnuts**

Combine yeast in lukewarm milk dissolved with sugar. Let it proof in a warm place. Add egg and yolks, sugar, salt, and melted butter to the sifted flour. By adding warm milk knead dough, slightly firmer than the

usual sweet dough. Cover dough with a cloth and let it rise in a warm place for 1 hour. Mix ground walnuts with sugar. Butter the baking rod. Roll raised dough to 1" thickness on a lightly floured board. Slice it up into 2" wide strips. Coil 1 strip onto the buttered baking rod. Baking time is 10-15 minutes.

When the pastry is ready remove it to a tray by positioning the rod vertically. Coat the cylinder with ground walnuts, cinnamon, grated coconut or just with sugar and vanilla sugar. Return the rod to the oven and turn it several times. When the dough starts to brown evenly brush it with melted butter and sprinkle some castor sugar over it, it will add a nice caramel glaze.



## WALNUT & POPPYSEED ROLLS

### *Díós és Mákos Kalács (Beigli)*

This is a Christmas and Easter tradition in most Hungarian households including ours. These are the famed rich marbled **Walnut and Poppy Seed Rolls**. Whether they are made of pastry or simple sweet dough, whether the filling is rich or modest, it is always the pride of the Hungarian hostess. And **THIS** recipe works every time – fool-proof – never fails!

#### **Yeast Proofing**

**2-3 pkgs yeast**

**8 cups flour**

**3 sticks sweet butter**

**½ cup sugar**

**6 egg yolks**

**½ cup milk, lukewarm**

**1 tsp sugar**

**1 cup sour cream**

**1 cup oil**

**1½ cups milk (as req)**

**1 egg white (for brushing)**

#### **Fillings**

**Walnuts**

**Poppy Seed**

**(See index)**

Dissolve yeast in warm milk and sugar. Set aside to proof. Cut butter into flour with 2 forks or pastry blender. Add sugar, egg yolks, sour cream and yeast and work them well into a soft dough. As you are kneading the dough, drizzle in a little oil and blend it in. You might not need the whole cup, but the texture will be noticeably softer and more like croissant bread dough as it pulls away in wisps. Once fully incorporated, wipe dough with remaining oil, cover with linen cloth and set in a warm place to rise for about 2 hours. After dough doubles in size, separate into 4 discs. This dough is now ready to roll out and fill.

**Fillings:** Prepare **Walnut and Poppy Seed Filling** – see **FILLINGS**. This recipe makes 2 rolls of each so you need to double the fillings recipes. Prepare fillings and set aside ½ of each for each roll.

Gently roll out each disc into a 12"x12" rectangle. Spoon on filling by dotting generously over entire surface. Use a rubber spatula to spread filling evenly. Roll up dough like a jelly roll and seal in ends so filling doesn't spill out. Place gently on parchment lined baking sheet. Cover with linen and let it rise again in a warm place until it doubles in size - about 1 hour. Brush with beaten egg white.

Bake in **350°F** oven for 35 minutes. Should be a light golden brown with a shiny crust. Let cool completely and cut into generous slices with a serrated knife and place them in concentric circles on a platter and dust with icing sugar.

**Storage:** Wrap in plastic bread bags and store in a cool place until use. Will keep 2 weeks in refrigerator. Freezes very well – double wrap in plastic – will keep for 2 months.



## BUTTER FLAPS

### *Töltött Vajas Tészta*

**2 sticks sweet butter**  
**2 cups flour**

**9 egg yolks,**  
**well beaten**

Cut butter into flour. Blend in beaten egg yolks and mix lightly. Then shape into walnut-sized balls. Makes about 50-55 - 1 tsp balls. Place in dish on wax paper in layers and refrigerate overnight. Fill with **Walnut Filling or Poppy Seed Filling**. See **Fillings**.

**Filling Butter Flaps** - Roll out each ball very thin. Place a heaping spoon of filling in centre of dough. Turn left side of dough over to center of filling, and then turn right side of dough over left. Then fold opposite corners (like ears), and place on cookie sheet. Bake at **350°F** until lightly brown for 10 minutes. Remove carefully with spatula. Sprinkle with powdered sugar.



## SOMLÓI SPONGE CAKE

### *Somlói Galuska*

This dessert is very popular dish is simply Hungarian sponge cake, soaked with rum, stuffed with nuts and drizzled in chocolate sauce. It comes a close second to **Rigó Jancsi** and **Dobos Torte** in my books. It was named for a wine town near Lake Balaton, but a big-city dessert that is an extravaganza in all famous restaurants in Budapest. It is **NOT** difficult to prepare.

The English translation varies: from Sponge Cake, to Hungarian Walnut Dessert to Chocolate-Cream "Dumplings". The word **Galuska** simply means – torn dough. So, whenever you cut, slice or tear pieces of dough – you are in fact preparing a **Galuska** – sweet or savoury – matters not. This dessert is a. Don't be daunted by the fancy name – it's merely 3 sponge cakes – plain, chocolate and walnut. The rest is fun!

## SPONGE CAKE SONG

### *Ének A Somlóiról*

I just wanna be with you...  
I just wanna be with you, Somlói  
You are the only sweet in my life,  
Somlói  
I feel like a happy? Fruska?  
When I say the word? Galuska?  
Who don't care about sour things?  
The sweet life is just you and me  
Somlói, the dreams come true now I  
see  
Your chocolate, your white cream  
It's true now my sweet dream  
Always about you  
And I never leave you blue,  
Somlóóóóóóóóóóó Galuskaaaaaaaa  
Fopincér dala

When the Somlói is coming to town  
I feel its Galuska-time  
I just wanna feel the taste of it  
I don't care about the high profit  
The Somlói is my favourite Galuska  
Just taste the cake and look now  
How beautiful and fine it  
I don't deny, I like it  
So when the Somlói is coming to  
town  
Just be happy and gondolj rá  
Because it is the real, the real  
galuska-tiiiiiiiime!  
Somlóiiiiiiiiiii-tiiiiiiiiiiiime

(Text from the film Somlói Galuska)

### Basic Sponge Batter

9 eggs, room temp  
1 ½ cups sugar

1 ½ cups flour  
1 tsp salt

Lightly butter bottoms of 3 -13"x9" baking pans; line with parchment paper. Combine eggs and sugar in bowl. Combine flour and salt. In 2 additions, sift flour into egg mix. Separate batter into 3 equal portions.

**Plain Layer:** Pour 1/3 plain dough into first baking pan.

**Walnut Layer:** Fold **1/3 cup finely ground walnuts** during dry ingredients additions. Pour into second baking pan.

**Cocoa Layer:** Fold in 2 tbsp Dutch Cocoa powder during dry ingredients additions. Pour into third baking pan. Bake plain cake at **350°F** for 12 min. Bake Walnut and Cocoa cakes at **350°F** for 10 minutes to prevent drying. Cool on rack completely before filling and assembly.

**Rum Syrup**

**¾ cup sugar**

**¾ cup water**

**3 inch strips zest**

**1 ea orange & lemon**

**1/3 cup light rum**

Stir the sugar, water, and orange and lemon zests in a small saucepan over medium heat until it boils. Reduce syrup slightly, about 5 minutes. Cool, then, stir in the rum, and remove zests.

**Pastry Cream**

**4 cups milk, (3+1)**

**1/3 cup cornstarch**

**6 egg yolks**

**2/3 cup sugar**

**1½ tsp vanilla extract**

In a saucepan, heat 3 cups milk to simmering. Pour the remaining 1 cup milk into bowl and whisk in cornstarch to dissolve. Add yolks and sugar and whisk to combine. Gradually ladle in some hot milk and whisk to combine. Pour mixture back into saucepan, and cook over medium heat, whisking often, until the mixture boils. Remove from heat, stir in vanilla. Transfer to a medium bowl set in a larger bowl of ice water. Let stand until cooled, stirring occasionally.

**Raisin/Nut Mix**

**½ cup raisins**

**½ cup walnuts, finely  
chopped**

Mix raisins and ground nuts. Set aside.

**Rum Chocolate Sauce**

**6 oz bittersweet chocolate**

**1 cup water**

**¾ cup sugar**

In a small saucepan, bring water, chocolate and sugar to boil, stirring often until thickened – about 5 minutes. Cool slightly and serve warm.

**Apricot Preserves:** Bring the preserves to a boil over medium heat, stirring often; keep warm.

**Whipped Cream**

**1 cup heavy cream**

**2 tbsp icing sugar**

**½ tsp vanilla extract**



**Assembly:** Portion out syrup and cream into 3<sup>rd</sup>s for easy assembly. Portion out walnut-raisin mix into 2 portions. Place the **walnut layer** in a 13"x9" serving dish. Brush with rum syrup, spread with the apricot preserves, then spread with pastry cream. Sprinkle half of the raisin-walnut mixture on top.

Top with the **cocoa layer**, brush with rum syrup and spread with pastry cream. Sprinkle with the remaining raisin-walnut mixture. Finally, add the **plain layer**, brush with syrup, and spread with the remaining pastry cream. Sift the cocoa over the top. Cover with plastic wrap, refrigerate for at least 8 hours or overnight allowing flavours to meld. The dessert can be prepared up to 2 days ahead.

**Serving Suggestion:** Using a large serving spoon, pile cake onto large dessert plate. Dollop with whipped cream and drizzle with rum chocolate sauce.



## POPPY SEED BREAD PUDDING

### *Mákos Guba (Bobolyka)*

Bread puddings are classic comfort foods. Here is one very old dish from northern Hungary, present-day Slovakia. The little biscuits were stored for weeks or months in muslin bags, hanging up so the air could go through them. Mom used to make these when we were kids. The bread sticks are softened and sweetened with poppy seed and honey and drenched in warm milk. Mom stopped making it because we all complained we were gaining weight from all the goodies.

**3 cups milk**

**1 tsp salt**

**1 cup poppy seed, ground**

**½ cup honey or sugar**

**2 plain bread sticks or**

**Raisin bagels**

**2 tbsp sweet butter, melted**

Combine milk, salt, and sugar (or honey) in a saucepan and heat to boiling. Stir ground poppy seeds into heated milk mixture. Break bread sticks or bagels into 1" pieces and add to milk mixture.

Butter a 2 quart casserole. Spoon bread sticks only into casserole. Pour remaining milk evenly over bread sticks. Gently press down bread with a wooden spoon ensuring bread is immersed in milk. Bake for 30 minutes at **350°F**. Remove casserole dish from oven and gently press bread sticks down again and return casserole and continue to bake another 30 minutes until all liquid is absorbed. Serve in bowls with additional milk, if desired.



## POPPY SEED BREAD PUDDING

### *Mákos Guba (Bobolyka)*

This Bread Pudding recipe is similar in taste to the previous recipe, except it's the **NO BAKE VERSION**.

**2 bread sticks, 1" pieces**

**4 cups milk**

**½ cup sugar**

**2 tbsp honey**

**3 tbsp butter**

**1 cup poppy seed, ground**

In a saucepan, boil milk and sugar. Dip bread into milk. With a slotted spoon, retrieve bread immediately onto a baking dish. Mix the honey, sugar and ground poppy seed with melted butter and toss bread well crumbs into poppy seed mixture. Do not soak! Serve immediately!



## WATER RISING TWISTS

### *Vízben Kelt Tekercs*

My Grandmother on my father's side favoured this recipe. My mother watched and sampled, but she preferred the 1<sup>st</sup> method of rising. Less fuss she said.

#### **Dough**

**½ cup shortening**

**3 tbsp sugar**

**½ tsp salt**

**1 tsp vanilla**

**¼ cup scalded milk**

**2 cakes yeast**

**3 cups flour**

**3 eggs**

In a large mixing bowl, combine shortening, sugar, salt, vanilla and milk. Add yeast and mix well. Blend in ½ the flour and beat until smooth. Cover and let rest for 15 minutes. Add eggs, one at a time, beating well after each addition. Blend in remaining flour and mix thoroughly. The dough will be quite soft.

Let rise in one of two ways: **No. 1** - Place dough in bowl and cover, then set bowl in a pan of warm water for about ½ hour to rise. **No. 2** - Place dough in a clean tea towel and tie a large knot on top, allowing ample space for dough to rise. Then place in large mixing bowl and fill with water from 75°-80°. Let stand until dough rises to top of water. It takes from 30-45 minutes. Remove water!

#### **Nut Mixture**

**¾ cup chopped nuts**

**½ cup sugar**

**1 tsp cinnamon**

In a small bowl, combine nuts, sugar and cinnamon. Divide dough into small pieces with a tablespoon. Roll each piece in nut, sugar and cinnamon mixture. Stretch and roll into 8" length ropes. Fold Twist the rope and create and loop around at one end. Secure opposite end by pressing dough together. Place twists onto greased baking sheet. **Bake at 375°F** for 12-15 minutes. Makes 2 dozen twists.



## HUNGARIAN NON-PLUS ULTRA COOKIES

*Apró Tea Sütemény*

*Non-Plus-Ultra*

This classic cookie recipe is Helen Czegeny's version of the famous Hungarian "**Non-Plus Ultra**" cookie. This phrase in the original Latin means; "none better than this, the uttermost point; perfection) I couldn't say it better myself!

Grandma Zsajacz's (Helen's Maternal Grandmother) recipe for these delicious cookies, preserves an earlier version of the non-plus ultra cookies, one of the most elegant cookies invented in the former Austro-Hungarian Monarchy. Some recipes use vanilla or lemon juice for additional flavouring. Hers were pressed into a meringue coating, chopped almonds and coarse sugar. Mom makes her cookies a little thinner than her grandmother's originally recommended, because she believes they are daintier and prettier this way. Helen tells stories that she remembers visiting her grandmother's house and when she and her siblings arrived, grandmother would disappear to get juice or other wonderful edibles. While she left, Helen would scoot over to the dining room cabinet and steal several non-plus ultra cookies for her and sister Susan and Alex Jr. They would devour them before she returned. Grandma Zsajacz would be angry when she had "REAL" guests only to find that her well-guarded non-plus ultras were gone!

**4 sticks sweet butter**  
**1 cup sugar**  
**1 extra large egg, separated**  
**4 cups flour (+ ¼ bench)**  
**½ cup almonds, coarse chop**

**¼ cup apricot/black current jam**  
**10 sugar cubes, crushed with mortar and pestle**  
**Scalloped cookie cutter round**  
**cookie cutter**  
**Large thimble**

**Prepare ahead** – prepare 3 separate dipping bowls; one each of beaten egg white, crushed sugar and slivered or chopped almonds – set aside. Jam should be room temperature, or warmed a little in microwave. You can spoon jam into a small zip lock plastic for easier

handling. Set aside. Line 2 cookie sheets with parchment paper. In a separate bowl whisk the flour with the salt. Set aside.

In a large mixing bowl, cream the butter. Then add sugar and egg and blend well but do not over-beat (See warning below). Add flour – 1 cup at a time and blend well. (Or you can use a standing mixer on medium speed). Form dough into 2 balls. Refrigerate for 30 minutes.

**Roll out 1<sup>st</sup> ball** –Remove dough from refrigerator and let come to room temp – 10-15 minutes. On a lightly floured pastry board, roll out dough to ¼” thickness. (Alternately, you can roll out dough between 2 sheets of lightly floured waxed paper. It’s much easier to handle- especially in warmer humid climates).

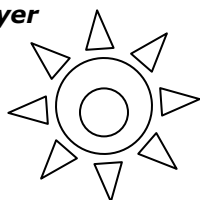
Cut out scalloped edged cookies with cookie cutter dipping in corn-starch or flour to ensure clean cuts. Makes 36-40. These cutters should have a hole in the centre, but if your cookie cutter is only a floral edge, use a large thimble to remove dough in centre. Take each scalloped cookie and dip top-side of cookie into bowl of beaten egg white. (Alternately use a pastry brush to brush tops with egg whites.) Then either dip into flat plate of chopped almonds and broken cubed sugar or sprinkle each one by hand, which ever is easier. Place each cookie gently on parchment lined cookie sheet about 3” apart. Bake at **350°F** for 15 minutes on centre wrack of oven. Cookies will be lightly golden on bottom edge. Remove immediately and transfer to cooling rack.

**Roll out 2<sup>nd</sup> ball-** Remove from refrigerator and let come to room temp – 10-15 and cut out flat round bottom cookies – same diameter as top scalloped edged. Bake at **350°F** for 15 minutes. As soon as these cookies come out of oven, get ready with jam. Spoon 1 tsp of jam in centre and quickly but gently, press the scalloped-edged cookies onto the flat plain round ones. Put all double-layered cookies back onto parchment lined cookie sheet return to oven for 5 minutes – just until jam starts to melt and will bind the top and bottom cookie layers together.

**Warning:** Use the French kitchen philosophy as when you prepare pie pastry – **No touch pas** (don’t touch) as the butter melts and you end up with Roux, not cookie dough. The less you touch the dough with your hands – the better your end results will be.

Shortbread with keep in an airtight container for about a week or frozen for several months.

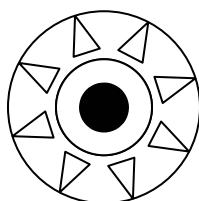
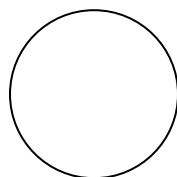
**Scalloped Top Layer**



**Plain bottom Layer**



**Jam**



**Finished Double Decker Cookies**



## **HUSSARS' KISSES**

*Huszar Csók*

These thumbprint cookies were believed to be named after the Hungarian light cavalry of the 15th century (Hussars) whose kisses were wonderfully sweet and disappeared quickly, like the fast-riding soldiers. You don't have to believe in fairy tales to enjoy this treat.

**1½ cups flour**  
**¾ cup hazelnuts**  
**1 tsp baking powder**  
**Pinch salt**  
**¾ cup sweet butter**  
**¾ cup sugar**  
**1 egg**

**1 tsp vanilla extract**  
**1½ cups hazelnuts**  
**½ cup raspberry jam**  
**(seedless)**  
**or 40 maraschino cherry**  
**halves**

Take out egg and butter – room temperature. Grind ¾ cup hazelnuts. Fine chop 1½ cups hazelnuts. Set aside.

In a medium bowl, combine flour, ground nuts, baking powder and salt. Set aside. In a large mixing bowl, cream butter and sugar until light and fluffy. Beat in egg and vanilla. Stir in flour mixture, ½ cup at a time, blending well after each addition. Cover and refrigerate 30 minutes.

Grease 2-3 large baking sheets. Place chopped nuts in a medium bowl. With lightly floured hands, roll out teaspoonfulls of the dough into 1-inch balls. Roll balls in chopped nuts. Arrange, 1" apart, on baking

sheets. Using your index finger, make an indentation about ½" deep in center of each ball. Fill with jam or cherry half.

Bake cookies at **375°F** for 10-14 minutes or until golden brown. Cool on racks. Store in an airtight container at room temperature for 5 days. Freezes well. Yield - 3½ dozen.



## HUNGARIAN HONEY COOKIES

### *Mézeskalács*

**Honey Cakes** or **Honey Cookies** are heart-shaped cookies similar to gingerbread, but made with honey instead of molasses for a lighter texture. Hungarian honey hearts or **Honey Cakes- Mézeskalács** were originally a specialty of the city of Debrecen. They were often sold at fairs and markets. In the past and even today, they can be purchased at fairs by men and boys as gifts for their sweethearts. True to the old Hungarian tradition, the honey cakes have red icing and elaborate decorations and some have a centre small mirror. Thus, when one's sweetheart looks in the mirror, she is "seeing herself" in his Honey Heart. Today, they are still made in traditional moulds, coloured and decorated with flowery motifs.

**4 cups flour**

**1 cup sugar**

**2/3 cup honey**

**1 stick sweet butter**

**1 tsp ground cinnamon**

**1 tsp ground cloves**

**4 tsp baking soda**

**grated rind of 1 lemon**

**1 egg**

**extra egg(s) for egg wash**

Sift together the flour, sugar, cinnamon, cloves and baking soda. Melt together the butter and the honey, pour over the flour combination and stir to mix. Add 1 egg and knead together. The dough should be soft (you can add a bit of lukewarm water if necessary), since it will harden a bit during its resting period.

Cover the dough in a bowl and let it rest at least one day at room temperature.

Sift together the flour, sugar, cinnamon, cloves and baking soda. Melt together the butter and the honey, pour over the flour combination and stir to mix. Add 1 egg and knead together. The dough should be soft (you can add a bit of lukewarm water if necessary), since it will harden a bit during its resting period. Cover the dough in a bowl and let it rest at least one day at room temperature.

Rolling out the dough is easiest between two pieces of waxed paper. Cut desired shapes out of dough (about 3/8" thickness). Place cut out pieces of dough on a parchment lined cookie sheet, bake at **325°F - 350°F** for about 6-8 minutes. Thicker pieces may need a longer time

**DECORATION:** Before baking, brush with egg yolk (coloured with drops of red food colouring.) If you are decorating with seeds, brush dough with egg whites and "paste" seeds onto dough before baking. Alternately, let the honey cakes rest a few days and then decorate with coloured sugar icings.

### **ICING #1**

**3 cups icing sugar**

**¼ cup milk**

**½ tsp vanilla**

**Pinch salt**

**Food Colouring**

### **ICING #2**

**1 cup+ icing sugar**

**1 egg (white only)**

**½ tsp vanilla**

**Pinch salt**

**Food Colouring**

**ICING # 1:** Combine sugar, milk, vanilla and salt; mix well. Add food coloring. Frost cookies. Spoon this mixture into a Ziploc bag, cut a tiny hole in one corner, roll up and use like a pencil to draw and color. Add candy sprinkles if desired. Will frost approximately 5 dozen cookies.

**ICING # 2:** To one egg white, add as much sifted powdered sugar as needed to make fairly stiff paste. Add food coloring. Frost cookies.



## **HONEY KISSES**

*Mézes Pusszedli (Csók)*

### **Cookie Dough**

**1 cup sugar**

**1¼ cup flour (extra bench)**

**½ stick sweet butter**

**2 eggs**

**1½ tsp baking soda**

**rind from 1 lemon**

**2 oz honey**

**¼ tsp cinnamon**

**¼ tsp cloves**

**Topping****½ cup whole walnuts****or whole almonds****1 egg**

Blend sugar and eggs and honey. Add flour and baking soda. Using some **bench flour**, roll out thin layer onto cutting board. Cut into shapes – with cookie cutter (or roll into balls and place an almond or walnut in centre and press thumbprint). Place cookies on sheet. Use egg wash and place 1 walnut or almond on top of each cookie. Bake at **350°F** for 15-20 min. (**Note** – bench flour is extra flour sprinkled on the pastry board for easy rolling)

**MERINGUE KISSES***Hab Csók*

**Meringue Kisses** are popular in every country. Crunchy outside, sweet and chewy inside, what could be better? They are easy to prepare and kids love them. They are delightful puffs of air that literally melt in your mouth. Made with just three basic ingredients, it's hard to believe something so simple could be so pleasurable! Mom's method ensures that they are light and airy – never flat and hard.

**4 egg whites (room temp)****½ cup icing sugar****Or super fine sugar****1 tsp vanilla****1 tsp cream of tartar****juice of ½ lemon****Pinch salt****Optional Flavours**–½ cup crumbled walnuts.

Preheat oven to **225°F**. Cover 2 large baking sheets with parchment paper. In a large bowl, place egg whites, cream of tartar, salt, vanilla and lemon juice. Beat on high speed until they hold soft peaks. Gradually add sugar by tablespoonfuls, beating until meringue holds stiff, glossy peaks. Add crumbled walnuts and beat just until blended. Drop heaping teaspoons or tablespoons of meringue about 1½" apart onto parchment lined baking sheets or spoon meringue into a pastry bag (Ziploc bag with 1 corner cut) with plain or fluted tip. Pipe kisses about 1½" diameter onto sheet.

Bake at **225°F** for 1½ hours in the middle of the oven or until firm to the touch with lightly golden peaks. Turn oven off, and cool meringues in closed oven for 1½ hours until dry. Carefully remove meringues from paper with metal spatula on plates.

**VARIATIONS: Chocolate** – Fold ½ square unsweetened chocolate, grated into meringue before turning into pastry tube. **Pecan** – Lightly press a pecan half into each meringue kiss before baking. **Ground**



**Walnuts** - fold into meringue just before piping. Hungarian version, but you can go wild – from pistachio to macadamia nuts.

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## POPPY SEED COOKIES

### *Mákos Sütemény*

**3 cups all-purpose flour**  
**1 tbsp baking powder**  
**¼ tsp salt**  
**2 large eggs, room temp**

**½ cup + 2 tbsp peanut oil**  
**¾ cup sugar**  
**¼ cup poppy seeds**  
**1 tsp pure vanilla extract**

Stir the flour, baking powder, and salt together in a medium-size bowl. Set it aside. Beat the eggs, oil, sugar, poppy seeds, and vanilla with an electric mixer (med speed) until thoroughly mixed, about 2 minutes. Reduce the speed to low and add the flour mixture, beating until it is fully incorporated. The dough will be very sticky. Divide dough into 4 equal parts. Form each piece into a 2 inch diameter cylinder and wrap in plastic and refrigerate for 2 hours or until firm. At this point you can freeze the dough for later use.

Remove dough and let come slightly to room temperature. Roll the dough out between two pieces of waxed or parchment paper until it is 1/8" thick. Without removing the paper, pile the sheets onto a baking sheet and freeze them until firm, about 30 minutes. Line several baking sheets. with parchment paper.

Remove a sheet of dough from the freezer, remove the paper, and cut it into shapes with a 2" round cookie cutter. Repeat using all dough. Place cookies 1" apart on parchment lined baking sheets and bake at **350°F** for 12-15 minutes - two sheets at a time, on the bottom 1/3 and top 1/3 oven racks, rotating sheets from top to bottom and front to back halfway through, until cookies are nicely browned. Cool cookies on sheets for 2 minutes and then transfer cookies with a spatula to wire racks. Once cooled, store in an airtight container. Makes about 8 dozen.





## ISCHLER HEART COOKIES

### *Ischler Fánk*

**Ischler** cookies are Austrian in origin, but made and enjoyed by Hungarians. These delicate heart sandwiches are cookies made with almond dough, sandwiched together with jam and dipped into a rich chocolate-rum glaze and can only be described as light and airy. **Ischler** ("ISH-LER"), which can also be called **Isler** or **Ischler Fánk**. They are sold at bakeries everywhere.

#### Cookie Dough

**2 cups flour**

**3 sticks sweet butter**

**½ tsp salt**

**3 oz cream cheese**

**1½ tsp orange zest; grated**

**1½ cups sugar**

**1½ cups almonds,  
blanched; ground**

**1 egg; slightly beaten**

#### Filling

**½ cup apricot jam**

**½ cup heavy cream**

**3 tbsp Butter**

#### Glaze

**1 tsp Rum**

**8 oz Semisweet chocolate**

Cream butter until smooth and soft, beat in cream cheese, sugar and egg, blending well. Sift flour and salt together and stir into creamed mixture. Stir in orange zest, fold in almonds. Divide dough into half. Roll out one portion on sugared surface to 1/8" thickness, using more sugar as necessary to prevent sticking. With a **1½"** heart cookie cutter, stamp out cookies to buttered sheets.

Repeat with remaining dough and scraps. Bake cookies at **350°F** for 8-10 minutes on parchment lined cookie sheets until they are firm and bottoms are lightly golden brown. Remove to racks and cool completely. Warm apricot jam and spread a thin layer on bottom ½ of cookies. Then, cover each with a plain cookie – press together gently.

**Glaze:** Melt chocolate, butter and cream in heavy saucepan. Cool slightly, and then stir in rum extract. Dip each cookie lengthwise ½ way into chocolate and place on cookie sheets lined with wax paper. Refrigerate 1 hour or until set. Store in airtight container between layers of waxed paper in refrigerator - one week.

**Storage:** Unglazed cookies can be frozen up to 2 months. Bring cookies to room temp and then glaze as directed. (The chocolate glaze will dry out and crack when frozen.) Yield: 25 servings

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# BISCUITS & BREADS

## *Pogácsák meggy Kenyerek*

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### HUNGARIAN CRACKLING BISCUITS

#### *Pogácsa*

**Pogácsa** is a type of savoury scone in Hungarian cuisine. It is called Pogácsa in Hungary and pogatschen in Austria. They are made out of either short dough or yeast dough and traditionally contain **pork crackling** (**Tepértő** } and paprika, although other savoury versions can commonly be found, such as cheese, potato, goose crackling, black pepper, red onion, garlic, caraway/cumin, cabbage, poppy seed, sunflower seed or sesame seed. In northern Hungary they are usually made with butter or lard, while in the south they are often made with olive oil, which accentuates their peppery taste.

**Pogácsa** is typically 3½"- 4" in diameter, though they range in size from the smaller, crispier scones through to the larger fluffier versions. They are traditionally eaten alone as a snack or with a stew such as goulash. The imagery of a young boy or man off to see the world with fresh **Pogácsa** in his knapsack is a common scene in much of Hungarian fables and folk stories. **Pogácsa** is often served hot as an appetizer instead of bread.



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### CRACKLING BISCUITS - FLAKEY SCONES

#### *Omlos Tepértős Pogácsa*

Hungarians love pork **Tepértős Pogácsa** made from pork cracklings. **Pogácsa** loosely translates into "pompom", a reference to their cross-hatched tops. The distinct flakiness comes from the lard. The dough is folded like puff pastry and not allowed to rise. These scones or biscuits are irresistible with that salty added crunch and flavour from the pork crackling.

**4 cups flour**  
**2 tbsp sugar**  
**1 egg**  
**2 tsp salt**  
**¼ lb Crisco**

**1 stick sweet butter**  
**1 cup milk**  
**2 pkgs yeast**  
**½ lb pork crackling,**  
**chopped**

Cut shortening into flour in large bowl. Let yeast rise and add to bowl with sugar, egg and salt. Mix until gooey texture and cover to let rise – after 30 minutes – roll out on lightly floured board – cut into round shapes with water glass – make crisscross cuts on top by pulling knife across top – brush with beaten egg – bake in **350°F** oven for 20 minutes until light brown. **Hint:** Buy crackling from European market – not salted or smoked. Bacon should be white with very little meat.



## **CRACKLING BISCUITS** **EXTREMELY FLAKEY SCONES**

*Nagyon Omlós Tepértős Pogácsa*

These are by far the flakiest, melt-in-your mouth crackling biscuits that you will ever make. That's a promise!

Mom found this recipe at a wedding shower. We just couldn't stop eating them- so she asked for the recipe. The original recipe has been modified somewhat, it contained much more fat. It's very, very flakey and delightfully light.

**½ cup milk, lukewarm**  
**3 pkg yeast**  
**1 tbsp sugar**  
**4½ cups flour**  
**1½ tsp pepper**  
**2 tsp salt**

**½ cup milk, lukewarm**  
**1¼ cup Crisco**  
**¾ lb crackling, chopped**  
**1¼ cup sour cream**  
**2 egg yolks**  
**1½ tsp baking powder**

Proof yeast with warm milk and sugar. Mix flour and pepper together. Mix salt with lukewarm milk. Add crackling & shortening to flour. Add liquids: mix together sour cream, milk and yeast and egg yolks. Work together, let rest 20 minutes. Roll out on lightly floured board. Cut with criss-cross pattern – diagonally. Cut into 2" diameter rounds using cookie cutter or water glass. Roll rounds slightly with floured hands to form chubby towers. Brush with beaten egg, then bake at **400°F** for 10 min then reduce to **350°F** for 10 min. Be sure to try a few warm out of the oven – they just melt in your mouth!

## CRACKLING BISCUITS - CLASSIC RECIPE

### *Tepértős Pogácsa*

This recipe is a classic pork crackling biscuit. It's firm, crunchy, and soft in the middle – and great with Red Wine.

#### Basic Biscuit Dough

**2 eggs, beaten**

**1 cup sour cream**

**2 pkgs yeast**

**½ cup lukewarm milk**

**1 tsp salt**

**2 tbsp sugar**

#### Crackling Spread

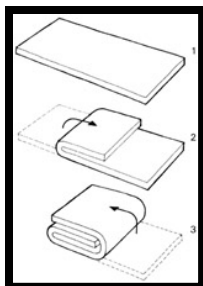
**4 cups flour**

**1 lb bacon crackling,  
chopped**

In a medium mixing bowl, make a mixture from 1 cup flour and crackling. Set aside. In a large mixing bowl, create a medium soft dough using the rest of ingredients. Add more milk as required. Let rise to double size – about 1 hr. Roll out on floured bread about ½" thick. With a spatula, cover evenly with the Crackling Spread. Fold the comers to the center, completely covering the crackling. Let rise another 40 minutes.

Repeat **rolling-folding-rising** process 3 more times. After 4<sup>th</sup> rising, roll dough to 1" thickness. Cut with round cookie cutter and score top criss-cross fashion with a sharp knife. Brush with beaten egg and let rise 15 minutes. Bake on parchment paper-lined cookie sheet at **350°F** for 20-25 minutes.

**Hint:** Buy crackling from European market – not salted or smoked. Bacon should be white with very little meat.





## FLAKEY BUTTER BISCUITS

### *Vajas Pogácsa*

Crackling biscuits are amazing enough, but when you prepare them with butter – there's no other quite like it. It's flakey and puffy.

**4 cups flour**  
**2 tbsp sugar**  
**1 egg yolk**  
**1 tsp salt**

**1 stick sweet butter**  
**1 cup milk**  
**2 pkgs yeast**  
**1 egg yolk (for brushing)**

Warm milk and add yeast and sugar. Cover and let stand – to proof. Sift flour, salt and sugar. In a large bowl, cream butter, then add to sifted dry ingredients. Add egg yolk. Add proofed yeast. Add more milk if needed. Work together, let rest 20 minutes. Roll out on lightly floured board to ¼" thickness. Brush with slightly beaten egg yolk. Fold in letter fashion; Bottom to middle, Top over middle. Left over middle, Right over middle. Cover let rest 20 minutes. Ensure the position of dough is always the same. Repeat these steps 2 more times.

Roll out to desired thickness – 1" thick or more. Make a criss-cross pattern – diagonally on dough with a very sharp knife. Cut out 2-3" diameter rounds using a large cookie cutter or water glass. Roll rounds slightly with floured hands to form chubby towers. Brush with beaten egg, then bake in oven at **350°F** for 10-15 min. Be sure to try a few warm out of the oven – they just melt in your mouth! Goes great with Beer!



## SWEET BUTTER BISCUITS

### *Édes Vajas Pogácsa*

This butter biscuit recipe doesn't need to rise – so you can make them in no time.

**3 cups flour**  
**2 sticks sweet butter**  
**4 egg yolks**

**1 cup icing sugar**  
**½ tsp salt**  
**1 whole egg for wash**

Mix flour and butter with pastry blender until mixture resembles coarse crumbs. Add egg yolks, sugar, and salt, and mix together. Turn out

onto a lightly floured surface and knead for a minute or so. Make 1 large ball, cover with plastic wrap, and refrigerate overnight. Roll out dough between sheets of wax paper to a thickness of 1 inch. Cut into 2 ½" rounds.

Score a lattice-work design on each biscuit with knife. Beat whole egg and brush egg wash on top of biscuits. Bake at **350°F for** 25-30 minutes until golden brown. Let cool completely before serving. Can be refrigerated for several weeks; warm in a **200°F** oven before serving.



## POTATO BISCUITS

### *Burgonya Pogácsa*

Hungarians claim that there are well over 20-30 different types of Pogácsa, and they are right at that. The one below is just one possible kind. This recipe is prepared with cheese and potatoes.

Mom shared that depending on the availability of pork cracklings - sometimes you had to "**doctor**" up the biscuits to taste good. She remembers cheese, cabbage and potatoes, but her family leaned towards crackling.

**¼ lb mashed potatoes**

**1 stick sweet butter**

**2 pkgs yeast**

**1 cup warm milk**

**2 tbsp sugar**

**4 cups flour**

**1 tsp salt**

**½ tsp black pepper**

**2 eggs**

**1 egg yolk (for brushing**

**½ cup grated smoked  
cheese (opt)**

**1 lb ground cracklings opt**

Peel potatoes, cook in salted water and drain. Mash – adding margarine – then cool slightly. Proof yeast in warmed milk, yeast and sugar. In a large mixing bowl, combine flour and salt and pepper. Pour proofed yeast in centre and start mixing by hand. Add cooled potatoes to flour and start mixing by hand with 1 egg. Turn into a soft dough. Add flour as needed. Cover and let stand to double in size. Grate cheese – set aside.

When the dough is ready, gently spread it with a rolling-pin. Spread some cheese on the dough. Fold it in half, spread it again, spread the rest of the cheese on it, then fold in half again, and spread with the rolling-pin to an average thickness of two-three centimetres. Make criss-cross pattern with sharp knife. Use water glass dipped in flour to

cut out shapes. Brush top of each using other egg. Place on cookie sheet lined with parchment. Bake in **350°F** oven for 15-20 minutes.



## BREADS

### *Kenyerék*

The Hungarian kitchen is filled with amazing bread recipes – all shapes, sizes textures and grains. You will be delighted to try all the different variations offered here.



## HUNGARIAN BRAIDED WHITE BREAD

### *Magyar Fónót Kenyer*

This is a very beautiful loaf to behold and even more wonderful to savour. My indulgence is straight from the oven with loads of butter or better yet – dollops of sour cream – are you still with me?

**1 package dry yeast**  
**1 3/4 cups warm milk**  
**1 egg yolk**  
**2 eggs, whole**  
**2 tbsp white sugar**

**2 tsp salt**  
**5 cups all-purpose flour**  
**1 tbsp poppy seeds**  
**1 egg, beaten**

In a large mixing bowl, dissolve yeast in warm milk. Let stand until foamy and creamy, about 15 minutes. In another small bowl, mix the whole eggs, egg yolk, sugar and salt. Add egg mixture to the yeast. Add 3 cups of the flour; stir until well combined. Add the remaining flour, ½ cup at a time, stirring well after each addition. When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and supple, about 8 minutes.

**Kneading & Braiding:** Turn dough out onto a lightly floured bread board and cut into 2 equal parts. Form into cylindrical loaves, cover with waxed paper and linen and let rest for 20 minutes. Then, divide each loaf in half and roll into a long rope for braiding. Fasten the 4 ropes together at one end, then braid. Finish by fastening the ends and turning each end under the loaf. Place gently onto a cookie sheet and cover with a linen towel until doubled in size, about 40 minutes.



Then, brush risen loaf with a beaten egg and sprinkle with poppy seeds. Bake at **400°F** for 15 minutes. Reduce heat to **350°F** and bake for an additional 45 minutes, or until golden brown. Spread with butter and apricot jam. What a treat – almost as good as dessert.

Leftovers can be dried slightly and prepared for **French Toast – Bundás Kenyer**. (I hardly think you will have left-overs – wishful thinking!)



## HUNGARIAN WHOLEWHEAT BREAD

### *Magyar Kenyer*

A Hungarian classic – for sure. Hearty, crusty – great for dipping into **Paprikás Krumpli with Kolbász**. Am I making you hungry?

#### **Yeast Proofing**

**3-4 tbsp yeast (dry active)**

**1 cup warm water**

**1 tbsp sugar**

#### **Bread Dough**

**7 cups warm water**

**1 tbsp salt**

**1 cup cooking oil**

**½ cup sugar**

**8 cups bread flour**

**4 cups whole wheat flour**

**10 cup bread flour**

**1 cup water**

**1 medium potato**

In a small mixing bowl, combine yeast, water and sugar. Let proof for about 5 minutes until frothy. In a large mixing bowl, combine remaining ingredients except flour. Add proofed yeast to all wet ingredients. Combine. Then, add bread flour 1 cup at a time and combine thoroughly. Add 4 cups whole wheat flour and 10 cup bread flour.

Take 1 peeled, boiled potato – smash in 1 cup water add this into the dough mixture. Knead 100 strokes. Cover with linen cloth and place in a warm place to rise. Should double in volume – about 1½ hours.

Grease 6 bread pans. Turn out down and cut into 6 equal portions. Grease your hands and take each piece and form a loaf. Place into greased pans and cover with linen and let rise – until double – about 45 min. Then, brush with egg wash/milk or water. Bake in **400°F** oven 5 minutes and then at **375°F** for 45 minutes. Should knock hollow when done. Remove from oven and cool. Stores for about 1 week – freezes well for about 3 months.



## HUNGARIAN COUNTRY BREAD

### *Magyar Kenyer*

This recipe below is traditional Hungarian bread with a hard, crispy crust. It takes some time to prepare, but is very cheap and very appreciated. It won't keep for long, since the dough doesn't contain any fat, but the problem seldom arises, since it will be gone in no time.

**1 oz fresh cake yeast  
or 2 pkgs dry yeast  
3 cups lukewarm water**

**1 tbsp salt  
7-8 cups wheat flour**

Dissolve fresh or cake yeast in water. (For fresh – use package instructions) Add most of the flour and the salt. Knead vigorously by hand for 5-10 minutes. Let rise, covered, to double size (1-2 hours).

Knead bread again, vigorously, for 5 minutes. Shape one big, round loaf and put on a greased baking tray. Cover and let rise for another 45 minutes. Make a few cuts in the loaf with a sharp knife. Bake in the oven for 10 minutes at **450°F**. Reduce heat to **400°F** and bake another 60 minutes. The crust should become quite brown. Turn oven off, take out bread and brush with water. Put it back in the oven for 15 minutes. Let cool uncovered. It never had a chance to cool in our house.



## HUNGARIAN COUNTRY BREAD

### *Magyar és Francia Kenyer*

This great bread recipe is Helen's combination of a cherished **French Canadian White Bread** shared by Hungarian Friends in Montreal and **Hungarian Country Bread** – from my mother. This is a ½ recipe which makes about 2-3 loaves. This base bread recipe also makes crusty dinner rolls/buns – makes about 18. Full recipe – see below.

**1 pkg yeast  
1 tbsp sugar  
1/3 cup warm water  
1/8 cup lard (Crisco)  
2 cups warm water**

**½ tbsp vinegar  
½ tbsp salt  
1 large egg  
5½ cups all purpose flour**

In a measuring cup, add warm water, sugar and yeast. Let proof 5 minutes until foamy. In a large mixing bowl, pour in yeast and then add remaining ingredients except the flour. Turn on mixer on slow speed. Start adding 2 cups flour one at a time with regular/beater hooks. Change to dough hooks and add remaining 3 cups. Let machine knead the dough until it is shiny and knife inserted comes out clean or dough pulls away from hooks. Turn dough into a large greased bowl and shape into a large ball. Cover with waxed paper and tea towel and set in a warm place for 30-45 minutes to rise. Punch down – reshape into a ball and let rise a 2<sup>nd</sup> time in a warm place until doubles in size – about 1½ hours. After 2<sup>nd</sup> rising, divide into 3 equal portions. Grease hands with lard to form into loaves and place into loaf pans – about 2/3 full. Then cover with waxed paper and linen cloth. Let rise 3<sup>rd</sup> and final time for 45 minutes. Do not let dough rise out of pans (loaf to be dry and airy on top). After 3<sup>rd</sup> rising, place in **350°F** oven for 40-45 minutes until golden brown and sounds hollow when knocked with knuckles. Cut immediately – butter and enjoy.

**DOUBLE RECIPE-** This is a full recipe which makes about 5-7 medium loaves. This recipe is also great for crusty dinner rolls/buns – makes about 3 dozen.

**2 pkgs yeast**  
**2 tbsp sugar**  
**½ cup warm water**  
**¼ cup lard**  
**4 cups warm water**

**1 tbsp vinegar**  
**1 tbsp salt**  
**2 large eggs**  
**11 cups all purpose flour**



## **HUNGARIAN BREAD ROLLS**

*Magyar Gemye Kenyer*

or

**SALT STICKS**

*Sós Rudak*

This is a basic bread dough suitable for rolls, or salt sticks. Once prepared, you will have a dough that will be a starter for **Sós Rudak-Hungarian Salt Sticks**.

If you chose to add a second rising you will have a dough which can be used for **Magyar Gemya - Hungarian Rolls (Kaiser Rolls)**.

**¼ cup warm water**  
**2 pkgs active dry yeast**  
**¾ cup cold water**  
**2 large eggs**  
**2 tbsp barley malt syrup**

**2 tbsp sugar**  
**2 tbsp olive oil**  
**2¼ tsp sea salt**  
**3 ½-4 cups bread flour**

In a large bowl, dissolve the yeast in the warm water. Add and combine all the other ingredients except the flour, then add and combine the flour 1 cup at a time until the dough comes away from the sides of the bowl. This should be a firm, non-sticky dough when finished mixing. Turn dough out to a floured work surface and knead, knead, knead - treat it rough. About 15 minutes of hard kneading should produce a very smooth dough. Place the kneaded dough in an oiled/greased bowl. Coat the dough by turning the ball of dough around to coat all sides. Cover the dough with waxed paper and drape the bowl with a linen cloth and let rise for 30 minutes in a warm place (it will not rise a great deal).

***To continue - Magyar Gemya - Hungarian Rolls (Kaiser Rolls). (Second rising required)***

Punch down after 1<sup>st</sup> rising and cover with waxed paper and linen and let rise a 2<sup>nd</sup> time for 1 hour this time until the dough doubles in size.

Prepare cookie sheets and line with parchment paper and lightly dusted with coarse cornmeal.

Turn out dough onto wooden pastry board. With a pastry cutter, cut dough in half. Shape 1<sup>st</sup> half into a disc and set aside –covering with the waxed paper. With the 2<sup>nd</sup> disc – cut into ½ and ½ again. Grease your hands with some Crisco shortening and form balls from the dough with your hands. Flatten each bun slightly and place onto a. Continue until you have 24 buns. Brush each bun with egg wash or milk. Leave plain or sprinkle with poppy seeds.

Bake at **350°F** for 25 minutes or until lightly golden and knocks hollow. Remove from oven and cool. Stores in freezer bags very well.



## **SALT BREAD STICKS**

*Sós Rudak*

A real treat served with tea. Delicious, crunchy and salty! Prepare **HUNGARIAN ROLLS or SALT STICKS** basic bread dough. (Previous

Recipe). After the 1<sup>st</sup> 30 minute rising, remove dough from bowl onto a lightly floured work surface and punch it down. Divide into 4 balls, kneading each ball for 1 minute. Cover the 4 balls with waxed paper and linen cloth and let rest for about 15 minutes until they start to puff up.

When rising is complete, use a rolling pin to roll out each ball to about ½" thickness and cut it into 4 triangular (pie shaped) pieces. Then roll out each pie shaped piece to a length of about 8"-10" (the wide end should be 5-6" wide). With your fingers, roll-up the pie shaped wedge beginning at the wide end, stretching the ends as you roll. Use a little water on the tip of the wedge to secure it. This should look like an extremely stretched croissant when done - about 7"-8"long.

Place the rolled sticks on a paper plate (tip up), brush lightly with water, and sprinkle with coarse salt. Space the salt sticks on a parchment-lined baking sheet and let them rest for 10-15 minutes (don't let them rise - just puff up a little). Bake with steam in a **400°F** oven until brown and crusty.

**Variation:** Brush with egg whites and sprinkle with sesame or caraway seeds before baking. Place the sheet into the **400°F** oven, and bake for about 15-20 minutes, then reduce oven temp to **375°F** for 10 min.

When the "straws" are done, remove from oven, sprinkle with coarse salt and leave on sheets to cool. Then carefully transfer them into a linen-lined bread basket. While they are cooling, you can roll and bake the remaining dough. Once all are baked, they can be wrapped tightly and stored in aluminium foil.



## HUNGARIAN BEER BREADSTICKS

### *Sór Kenyér Palca*

**Hungarian Beer Bread Loaf**, Rolls, Pretzels and Sticks are the best use for this no-knead, one-rise bread. Translate this into a healthier snack by using white whole-wheat flour instead of all-purpose. These sticks have a nice crunch and can be served with cocktails.

**\*2¼ tsp instant yeast**  
**4 cups white or whole**  
**wheat flour**  
**¾ cup warm water**

**¾ cup vegetable oil**  
**¾ cup beer, room temp**  
**Coarse garlic salt**

In a large bowl, combine yeast and flour. Add the remaining ingredients, except the garlic salt, and mix until well incorporated. Cover and let rise in a warm place until double, about 1½-2 hours.

Line 2 baking sheets with parchment paper and sprinkle with garlic salt. Punch down dough and using a cookie scoop, portion out balls on a very lightly floured surface. Using your hands, roll balls into 8" long by 3/4" wide sticks. Place on prepared baking pans. Brush sticks with water and sprinkle with garlic salt. Bake at **350°F** for 20-30 minutes or until golden in color.

**Pretzels:** Take dough stick ends and loop them in toward the center, criss-crossing the ends.

**\*Important Note:** Using instant yeast means you don't have to dissolve the yeast in water before adding it to the remaining ingredients.

**Yield:** 3 - 4 dozen sticks or pretzels, 12 rolls or 1 loaf of Hungarian Beer Bread.



## CHEESE STRAWS

### *Sajtos Stangli*

Don't let the delicate look and sound of these hors d'oeuvres fool you. A touch of cayenne gives them a hint of heat that makes them a tasty accompaniment to a pre-dinner cocktail—or even a cold beer. Cheese straws were immensely popular savouries for an afternoon tea or an elegant hors d'oeuvre course before dinner. Actually – I like them alongside creamy soups or salads.

**2 cups flour**  
**1 stick butter, room temp**  
**8 oz (pkg) cream cheese,**  
**room temp**  
**¼ tsp salt**

**1 egg yolk, beat with water**  
**Coatings**  
**Caraway seeds**  
**Grated parmesan cheese**  
**Coarse salt**

In a large mixing bowl, sift the flour. Add the salt. Cut the cream cheese and butter into the flour. Mix until forms into a ragged dough. Turn out onto surface and knead into an elastic dough. Form into a 2 discs, cover with plastic wrap and refrigerate for 15 minutes.

Meanwhile, line two cookie sheets with parchment paper. Remove 1 disc. On a floured surface roll out dough to about 1/8" to 1/4". Aim for a rectangular shape. Using a pastry brush, brush with egg wash and then sprinkle with cheese, salt or caraway seeds.

Using the serrated side of a pizza cutting wheel, cut thin strips of dough and lift strips carefully from floured surface and gently place them onto a cookie sheet. Place strips side by side until the cookie sheet is filled. Then, on the cookie sheet, cut into 3" straws. Bake at **400°F** for 10-15 minutes until crispy.



## HUNGARIAN FRIED BREAD

### *Magyar Lángos*

**Lángos** (pronounced **LAHN-gosh**) is a Hungarian food speciality, made on every street corner by vendors. **Lángos** is sold at many fast-food restaurants in Hungary as well as in Austria. Especially in Vienna, it is very popular at fairs and amusement parks like the Prater. Lángos is known in the Czech Republic and Slovakia as **langoš**.

It is a deep-fried flat bread made of a dough with flour, yeast, salt and water. Traditionally **lángos** was baked in the front of the brick oven, close to the flames. It was made from bread dough and was served as breakfast on the days when new bread was baked. Now that people no longer have brick ovens and do not bake bread at home, lángos is usually fried in oil.

**Variations:** **Lángos** can also be made with yoghurt, sour cream or milk instead of water, a dash of sugar along with salt and sometimes with flour and boiled mashed potatoes, which is called **Krumpli lángos - Potato Lángos**. It is eaten fresh and warm, topped with sour cream and grated cheese, **körözött**, ham, sausages, rubbed with garlic or garlic butter. Other ingredients and accompaniments are mushroom, quark cheese, dill or shredded Emmenthaler or Gruyere cheese, eggplant, cabbage, kefir, omelette, and icing sugar, or jam.

**2 cups flour**  
**2½ tsp yeast**  
**¾ tsp salt**

**1 tbsp sugar**  
**½ cup warm water**  
**oil for frying**

Proof yeast with sugar and warm water. Add yeast to flour and salt. Add sufficient water to form a slack and sticky dough – basically just enough to absorb the flour. Mix together well and turn out onto a board or workbench to knead. Knead dough and capture as much air as possible into the dough. Dough will eventually become smooth and springy. Set aside to rest for ½ hour. Remove dough onto floured surface and cut into 8 equal portions. Cover 7 and roll out 1 ball at a time into mini-pizzas. Set aside and cover with waxed paper until all 8 pieces are rolled out.

In a large frying pan, heat 4" oil to **375°F**. Check oil temperature with a bit of dough. Check for sizzle and swelling. Place little pizzas carefully into hot oil, turning only once so each side is golden. **Yield:** 8 small lángos, or 4 larger ones. Any topping listed above – your choice – sweet or savoury.

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## STRUDELS

### *Rétes Tészta*

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### ABOUT STRUDEL (RÉTES) & FILO PASTRY

The pride of Hungarian cooks is the **Strudel** or in Hungarian; **Rétes Tészta!** A papery thin dough, complemented by tart green apples, tiny black poppy seeds, crunchy walnuts or bright red cherries or farmers cottage cheese dotted with plump raisins. **Rétes** is the "**king**" of pastries in Central Europe.

Warm, sugar-dusted strudel is often associated with cafés of central Europe, but not every country's strudel is the same. While the German and Austrian varieties tend to be rather heavy and sweet, Hungarian strudel or "**rétes**" (pronounced "RAY-tesh") is much lighter and flavorful without being overly sugary.

Filo (or "Phyllo") actually means "leaf" in Greek, but according to the food historians, Filo/Phyllo is of Turkish origin. Many dishes have been adopted into Hungary from these people. The flakey, flavourful,



layered sheets of tissue-thin pastry are simply delicious and can be used in countless savoury and sweet recipes alike.

The traditional method of making strudel dough is a fair amount of work. If you are shy about preparing strudel from scratch, not to worry. Use a package of Phyllo dough instead. It can be readily purchased from grocer's freezer pastry section. The end results are virtually the same. Just follow directions on package.



## HUNGARIAN STRUDEL

### *Rétes Tészta*

If you are a pastry connoisseur, this is definitely a recipe to try from scratch. The instructions here present the ingredients in the order you'll actually use them when you put the strudel together, but it's easiest to make the filling before you start the dough. That way you can fill the dough immediately after stretching it, so it won't have a chance to become dry and brittle.

One of the keys to light, flaky Hungarian strudel dough is the flour. In Hungary, special flour is sold specifically for strudel, but of course this isn't available everywhere. As an alternative, look for flour that's finely ground and contains a high level of gluten. Bread and pastry flour work well. If you're in North America, try to get flour from Manitoba, as it tends to contain a lot of gluten. The gluten really is essential. You can use all-purpose flour with acceptable results.

#### **Strudel Dough**

**4 cups all purpose flour**

**2 cups sour cream**

**2 tsp vinegar**

**½ tsp salt**

**4 egg yolks**

**2 tsp baking powder**

**1 tbsb butter, melted**

**1 cup warm water**

**1 lb Crisco, melted**

In a large mixing bowl, blend all ingredients except the shortening. Knead dough consistently for about ½ hour to get the gluten going. Dough should be light and very smooth. Cover – let rest 1 hour.

**Strudel Stretching Stage:** After dough is rested, prepare your work surface. Spread a clean linen table cloth evenly on table and dust lightly with flour. Place dough in centre of table and gently starting stretching it by using the back of your hands, placing them underneath the large mass of dough. Start working your way around the table. When finished stretching to ⅛" thickness, spread the melted Crisco

shortening using a pasty brush. Use light strokes being careful not to tear the delicate dough. Let dough rest for 10 minutes (covered).

**Fillings:** Place your favourite filling by dotting all over the strudel dough. **Hint:** Don't be tempted to place all the filling at one end of the pastry sheet and roll up. This will make the log lumpy and the dough will end up thick at one end. (Not a pretty sight or bite.) Then, gently roll up the strudel using the tablecloth to assist. Fit large log onto baking sheet. If too large, curve it into a large "U" – brush top with Crisco or melted butter. Bake at **350°F** for 20-25 minutes until flakes start to separate and the strudel is shiny and golden brown.

**Sweet Strudel Fillings:** Cherry, apple, poppy seed, walnut and cottage cheese and noodles.

**Savoury Strudel Fillings:** Cabbage, Mushroom or Ham Strudel.



## HUNGARIAN STRUDEL

### *Rétes Tészta*

This recipe is similar to the one above, except there is no sour cream and no baking powder. You will achieve similar results, but a little lighter texture.

**4 cups flour**  
**1 egg**  
**1 tbsp vinegar**

**1½ cups water, lukewarm**  
**1 tsp salt**  
**2+ tbsp sweet butter**

In large mixing bowl, combine all ingredients and knead well until you have a smooth dough. Let dough rest about 1½ hours. Work with beating motion with fork until smooth, elastic and until small bubbles appear in dough. Divide dough into 3 parts. Cover and let rest for 30 minutes. While the dough is resting, prepare your favourite strudel filling.

**Strudel Stretching Stage:** Follow instructions same as recipe above.

Brush entire surface with melted butter. Cover with filling and take linen cloth edges and start rolling strudel up like a jelly roll. Place onto large cookie sheet (lined with parchment). Brush top and sides of strudel with melted butter. Bake at **400°F** for 30 minutes until top leaves separate and are a light golden brown. Cut with a serrated knife and dust with icing sugar.

**Sweet Strudel Fillings:** Cherry, apple, poppy seed, walnut and cottage cheese and noodles and don't forget – rice pudding strudel.

**Savory Strudel Fillings:** Cabbage, Mushroom or Ham Strudel.



## ASSORTED HUNGARIAN SAVOURY STRUDELS

### *Vegyes Eloetel Rétesek*

Filo pastry can be used to make a wide variety of both sweet and savoury dishes, from savoury parcels such as samosas or spring rolls to sweet bakes and tarts such as apple strudel or baklava. Filo pastry can be baked or fried. For a variation on the strudel theme, try the savoury Hungarian versions of; **Cabbage, Mushroom or Ham Strudel.**

## CABBAGE STRUDEL

### *Káposztás Rétes*

Finding cabbage inside a strudel is not surprising to Hungarians or their descendants, who are used to the strange versatility and fabulous flavour range of that particular leafy green, but it sure seems to surprise everybody else. Cabbage strudel looks like apple strudel, but it's not a dessert; it's more like an egg roll or meat-stuffed turnover that you'd find in a tea room for an appetizer. It has a moist filling of sautéed cabbage that's simultaneously sweet, savoury and completely unexpected, like all good things.

Prepare **Hungarian Strudel** dough above or purchased phyllo dough (Follow package directions) and fill with recipe below.

**Prepare Stir-Fried Cabbage the same as for Slipped Cabbage Crêpes. (See Index)**

Use 4 Phyllo sheets for each log. Place pastry on a tea towel and brush each sheet generously with butter. Spoon cabbage in small

mounds onto dough and spread evening with spatula. Roll up Phyllo using towel to assist; like a jelly roll. Brush with butter and bake at **400°F** for 30 minutes.

**Savoury Version:** Sparingly dust cabbage while on phyllo dough with pepper.

**Dessert Version:** Add 1 tbsp sugar before baking then dust with icing sugar after baking.



## **WILD MUSHROOM STRUDEL**

### *Vad Gomba Rêtes*

During a lazy Saturday, mom reflected on some plates of wild mushrooms she had as a young girl. Her aunt taught her well how to distinguish the wild from the poisonous ones in the woods. We were chatting about all the appetizers other nations have, and as a result, when she came up for air, she came up with this elegant hors d'oeuvre of thin cylinders of phyllo filled with the woodsy intensity of mushrooms. Brushing the phyllo layers with duck or goose fat lends an authentic flavour.

**1 lb of mushrooms**  
**(Assorted -died porcini,**  
**cremini, Portobello, oyster**  
**and fresh white button)**  
**½ cup boiling water**  
**¼ cup shallots, fine chop**  
**2 tbsp sweet butter**

**¼ cup dry white wine**  
**2 tbsp flat-leaf parsley**  
**4 phyllo sheets, thawed**  
**2 tbsp rendered duck/goose**  
**fat or sweet butter, melted**  
**½ tsp salt,**  
**¼ tsp pepper**

Clean and trim all mushrooms and cut into edible pieces. (Ensure that all are dry – otherwise they will steam not sauté in the pan). Soak porcini in boiling-hot water in a small bowl until softened, about 10 minutes. Lift out porcini and squeeze excess liquid back into bowl. Rinse porcini well to remove any grit. Strain soaking liquid through a sieve lined with a dampened paper towel into another bowl and reserve.

Sauté shallots in butter in a large heavy skillet over medium heat. When barely translucent, add all mushrooms. Sauté until they are evenly browned. Add reserved soaking liquid, wine, salt, pepper and cook, stirring occasionally, until liquid has evaporated, about 8

minutes. Stir in parsley, then spoon filling on a plate and chill, uncovered, until cold, about 10 minutes.

While filling chills, put stack of phyllo sheets on a work surface and cut in half crosswise, then stack halves and cover with plastic wrap. Remove 1 phyllo sheet from stack (keep remaining sheets covered) and arrange with a long side nearest you, then lightly brush with some duck fat. Top with another phyllo sheet and brush with fat.

Spread about ¼ mushroom filling in a narrow strip along edge nearest you to within ¼" of each end, then roll up phyllo tightly around filling, leaving ends open. Transfer roll, seam side down, to a baking sheet and make 3 more rolls in same manner.

**Bake at 425°F** for 15-20 minutes or until lightly golden. Let cool slightly then, cut on the diagonal with a serrated knife to ensure clean cuts. Serve strudel warm or at room temp.

**Cooks Notes:** Mushroom filling can be made 2 days ahead, covered and chilled. **Yield:** 32 Appetizers



## HAM STRUDEL

### *Sonkás Rétes*

Fillo (or "phyllo") actually means "leaf" in Greek, but according to the food historians, phyllo is of Turkish origins. Many dishes have been adopted into Hungary from the Turks. The flaky, flavorful, layered sheets of tissue-thin pastry are simply delicious and can be used in countless savory and sweet recipes alike. The ever popular **Hungarian Rétes**, or Austrian Strudel, is transformed into a meat dish! Serve it as a snack or as the main course.

**3 cups ham, cooked/baked,  
chopped**  
**½ tsp salt (or less)**  
**¼ tsp pepper**

**¼ cup bread crumbs**  
**¼ cup sour cream**  
**1 pkg Fillo dough**

Thaw Fillo Strudel dough. Finely chop ham and mix with sour cream, salt and pepper. Set aside. Sprinkle bread crumbs evenly over the dough. Spoon and spread ham mixture over dough with spatula. Fold the strudel dough over the filling and roll into a large log. Brush with butter and bake at **400°F** for 30 minutes. Serve warm with extra dollops of sour cream.



## POTATO STRUDEL

### *Baronyás Rétes*

Here's another appetizer that will satisfy any palette. Potatoes, bacon, sour cream, dill – wrapped in pastry! Sounds simply heavenly!

**3 cups ham, baked, chopped**  
**½ tsp salt**  
**¼ tsp pepper**

**¼ cup bread crumbs**  
**¼ cup sour cream**  
**1 pkg Fillo dough**

#### **Potato Filling**

**4-6 potatoes (any kind)**  
**½ lb sliced slab bacon**  
**1 onion, chopped**  
**1 tsp salt**

**½ tsp pepper**  
**1 tsp sweet paprika**  
**½ tsp marjoram**  
**½ stick butter**

#### **Toasted Bread Crumbs**

**1 cups bread crumbs**

**½ stick butter**

#### **Garnish**

**1 cup sour cream**

**2 tbsp chopped dill**

**Thaw Fillo Strudel dough as per package instructions.** In a small bowl, combine sour cream and chopped dill – chill until ready to use.

***Bacon and Bread Crumb Prep:*** In a sauté pan, fry bacon lardons until crispy. Drain and reserve fat. In a separate pan, melt butter and fry bread crumbs until toasty and light brown. Set aside. Place sliced potatoes in a large bowl and drizzle with combo of ¼ cup bacon fat and melted butter. Toss to coat. In a small bowl, combine all spices. Sprinkle spice mix over potatoes and toss to coat. Lay uncooked, peeled sliced potatoes on parchment lined baking sheet. Bake at **375°F** for 20 minutes until onions and potatoes are turning golden. Remove from oven and let cool slightly.

On a wooden cutting board, lay out 1 sheet of strudel dough. Brush with melted butter. Continue for 3 more sheets. Sprinkle with toasted bread crumbs, then, spoon on potato filling. Sprinkle generously with crispy bacon bits. Roll and brush with butter and bake at **400°F** for 20-25 minutes. Remove from oven, cut with a serrated knife on the diagonal and serve warm with dollops of sour cream/dill mix.

## ASSORTED HUNGARIAN SWEET STRUDELS

### *Vegyes Édes Rétések*

## SOUR CHERRY STRUDEL

### *Savanyú Cseresznyés Rétés*

This recipe for **Sour Cherry Strudel** uses dark Morello or bright red **Montmorency** cherries for its distinctive tart flavour. Cherry Strudel is a classic and is everyone's favourite – including me! Cherries show off the strudel really well – the dark red against the golden flakes with the powdered sugar – a beautiful sight! Sour cherries in Hungarian are called **Megy**.

#### **Filling**

**1-28 oz jar sour cherries**

**½ cup sugar**

**Pinch salt**

**½ tsp almond extract**

**2 tbsp cornstarch**

**2 tbsp water**

**6 tbsp bread crumbs**

Prepare **Hungarian Strudel Dough** (previous recipe) or purchased phyllo dough (Follow package directions) and fill with recipe below.

**Hint:** – for flakey layers, use 4 buttered phyllo sheets per roll. Drain pitted cherries and reserve juice. In saucepan, add juice, sugar, and cornstarch. Cook and stir over low heat until thickened. Add cherries to heat through. Remove from heat, add almond extract, and then set aside to cool.

Take Strudel dough, spread out and butter and sprinkle with bread crumbs evenly before spooning on cherry filling. Roll and brush with butter. Gently transfer to baking sheets, lined with parchment paper and bake at **400°F** for 30 minutes until lightly golden. Let cool slightly then, cut on the diagonal with a serrated knife to ensure clean cuts.

**Garnish:** icing sugar. Serve with vanilla ice cream or lightly sweetened whipped cream!

**Hint:** to prevent fruit juices from seeping their juices into dough, before placing filling on strudel – sprinkle ½ cup of bread crumbs on dough.



## APPLE STRUDEL

### *Almás Rétes*

**Apple Strudel** is probably the most popular of the family of strudel pastries. I don't know of anyone who has NOT had a slice of one variation or another. But then, you can't go wrong with apples in dessert. This recipe contains no doctoring with raisins or nuts – just plain and simple and deliciously tart and juicy. Use various apples at once (golden delicious, granny smith, Courtney, Macintosh).

**2 lbs (8) apples, assorted  
peeled, cored and sliced  
¾ cup sugar  
1 tsp cinnamon  
3 tbsp lemon juice**

**Pinch salt  
1 tbsp flour  
¼ cup bread crumbs  
½ cup walnuts, (opt)  
½ raisins, plumped (opt)**

Prepare **Hungarian Strudel Dough** above or purchased phyllo dough (Follow package directions) and fill with recipe below. **Hint:** – for flakey layers, use 4 buttered phyllo sheets per roll.

In a large bowl, combine all ingredients. Sprinkle bread crumbs, then spoon filling evenly across dough, roll, brush with butter. Bake at **375°F** for 30 minutes on parchment lined baking sheets until lightly golden. Let cool slightly then, cut on the diagonal with a serrated knife to ensure clean cuts.

**Garnish:** icing sugar. Serve with vanilla ice cream or lightly sweetened whipped cream!

**Hint:** to prevent fruit juices from seeping their juices into dough, before placing filling on strudel – sprinkle ½ cup of bread crumbs on dough.



## POPPY SEED STRUDEL

### *Mákos Rétes*

This is a recipe many families of East European extraction have tucked in their files. Not everyone starts with ground poppy seeds - which to me, makes all the difference. The fragrance of ground seeds is remarkable. Ground seeds also ensure your filling is pliable and smooth. Make sure you buy fresh seeds and grind using a poppy seed grinder.



### **Poppy Seed Filling**

**2 cups poppy seeds, ground**

**3 egg whites, beaten**

**½ cup raisins**

**Pinch salt**

**1 tsp vanilla**

**1 cup sugar**

**1 lemon rind, grated**

**Filling** - Beat egg whites until stiff. Fold in sugar. Fold in poppy seeds and lemon rind into egg white mixture and set aside. Spoon onto strudel dough.

Prepare **Hungarian Strudel** dough above or purchased phyllo dough (Follow package directions) and fill with recipe below. For flakey layers, use 4 buttered phyllo sheets per roll. Spoon desired filling evenly across dough, roll, brush with butter and transfer to parchment lined baking sheets. Bake at **375°F** for 30 minutes lightly golden. Let cool slightly then, cut on the diagonal with a serrated knife to ensure clean cuts.

**Garnish:** Icing sugar, vanilla ice cream or sweetened whipped cream!



## **WALNUT STRUDEL**

### *Díós Rétes*

Every celebration throughout the year will feature traditional rolled strudels. Walnut and Poppy Seed Strudels are usually served side by side. Nutty flavoured, rich and buttery, this is a favourite family recipe made by many generations. Always made at Christmas time and for Weddings. Follow same recipe and instructions as above, except use Walnut filing in strudel.

### **Walnut Filling**

**2 cups walnuts, ground**

**3 egg whites, beaten**

**½ cup raisins**

**Pinch salt**

**1 cup sugar**

**1 lemon rind, grated**

**Filling** - Beat egg whites until stiff. Fold in sugar. Fold in ground walnuts and lemon rind into egg white mixture and set aside until needed. Spoon onto strudel dough.



## **COTTAGE CHEESE STRUDEL**

### *Túrós Rétes*

Although I love all the other sweet strudel recipes, this is somehow one of those ultimate pastries. How can I describe this heavenly

dessert? Sweet cheese strudel, hand-pulled thin layers of crunchy, buttery strudel dough wrapped around lemon scented sweet curd cheese and plump golden raisins. Yikes, I am hungry just describing it.

**4 eggs yolks**  
**2 tbsp butter**  
**¾ cup sugar**  
**1½ lb dry cottage cheese**  
**½ cup sour cream**  
**½ cup golden raisins**

**juice of 1 lemon**  
**grated lemon rind**  
**4 egg whites**  
**Pinch salt**  
**¼ cup bread crumbs**

Prepare Hungarian Strudel dough (previous recipe) or purchased phyllo dough (Follow package directions) and fill with cottage cheese.

**Hint:** – for flakey layers, use 4 buttered phyllo sheets per roll.

In a medium bowl, beat egg yolks, butter and sugar until thick and creamy. Add cheese and sour cream, raisins and lemon juice and rind. Set aside. Beat egg whites until stiff. Fold in egg whites.

Sprinkle bread crumbs, and then spread cheese filling over strudel and roll as you would a jelly roll. Gently transfer to parchment lined baking sheets and bake at **375°F** for 30 minutes lightly golden and shiny. Let cool slightly then, cut on the diagonal with a serrated knife to ensure clean cuts.

**Hint:** To make the filling creamier, pass the cottage cheese through a potato ricer first – then combine with all other ingredients.

**Garnish:** Dust with icing sugar. **Accompaniment:** vanilla ice cream or lightly sweetened whipped cream!



## **GRAPE STRUDEL WITH WHITE WINE SAUCE**

### *Szőlős Rétes Borsodo Szószban*

Any self-respecting coffee shop and upper class restaurant usually carries this top of the line strudel. A unique combination to say the very least. You will see variations on this theme as to the accompanying cream: Yogurt Crème, Italian Zabaglione, vanilla custard and the like. Mom insists that it is paired beautifully with the **Hungarian White Wine Cream Sauce**. Try it – you will fall in love!

**2 sticks sweet butter, melted**  
**1 tbsp gooseberry jam**  
**or white grape jelly**  
**¼ bread crumbs**  
**2 cups seedless grapes**

**2 eggs, separated**  
**½ cup sugar**  
**½ cup vanilla sugar**  
**¼ cup white wine**  
**Pinch salt**

**Prepare Hungarian Strudel Dough** (previous recipe) or purchased phyllo dough (Follow package directions) and fill with recipe below.

**Hint:** – for flakey layers, use 4 buttered phyllo sheets per roll. Preheat oven to 375°F and line baking sheet with parchment paper.

**Grape Filing:** To prepare filling, wash and cut grapes lengthwise. Beat egg white until stiff – drizzle in white wine and ¼ cup sugar. Beat egg yolks with remaining sugar until yellow ribbons form. In large bowl, combine grapes and egg and sugar mix. Fold in egg whites.

**Strudel assembly:** Lay 1 sheet of phyllo on a kitchen towel; brush evenly with 1 tbsp. butter; sprinkle with bread crumbs. Repeat until you have 4 sheets. Spoon on grape filling evenly onto strudel dough. Dot with gooseberry jam here and there on filling. Spread out with a rubber spatula. Start rolling the strudel, using linen towel to help you. Form a 12"-long cylinder. Gently transfer to parchment lined baking sheet; brush with melted butter. **Bake at 375°F** for about 20-30 minutes, or until light golden brown. Let cool slightly. Cut strudel crosswise into 8 slices with a serrated knife.

Serving Suggestion: Dust with icing sugar and serve with **Wine Cream Sauce**. (See Sauces). Exquisitely delicious!

**Recommended wines:** Debrői hárslevelű, Tokaji aszú



## **RICE PUDDING STRUDEL**

### *Tejbe Rizsa Rétes*

Comfort foods don't need a spot on the menu, just the heart. Rice, milk, sugar and butter – what could be better and more comforting? Hey – I know – tucked in the butter flakey sheets of phyllo sheets. Who knew? Another angel specialty.

**2 cups white rice, long grain**  
**4 cups whole milk**  
**¼ cup sugar**

**½ tsp vanilla extract**  
**1 stick butter**  
**½ cup raisins**

**Prepare Hungarian Strudel Dough** above or purchased phyllo dough (Follow package directions) and fill with recipe below.

**Hint:** – for flakey layers, use 4 buttered phyllo sheets per roll.

Plump raisins by soaking in luke-warm water for ½ hour. Then drain and set aside.

**Rice Pudding:** Place all ingredients in large sauce pot and bring to a boil. Stir to prevent sticking. Turn down heat and let all rice kernels plump up. Add more milk if required. Let cool slightly and fold in raisins. Spoon onto phyllo sheets. Gently transfer to parchment lined baking sheet; brush with melted butter. **Bake at 375°F** for about 20-30 minutes, or until light golden brown. Let cool slightly. Cut strudel crosswise into 8 slices with a serrated knife.

**Serving Suggestion:** Dust with icing sugar and serve with **Wine Cream Sauce**. (See Sauces). Exquisitely delicious!

**Recommended wines:** Debrői hárslevelű, Tokaji aszú



## **VARGA STRUDEL CAKE COTTAGE CHEESE NOODLES PHYLLO BUNDLES**

### *Varga Béles Rétes Tésztából*

**Varga Béles** is actually not a dessert, per se, but a 2<sup>nd</sup> course meal after a hearty bowl of goulash soup or bean soup. But when you see the ingredients, you will say – **DESSERT!** Created by a famous by a chef who created something unique for visiting royalty. The recipe is essentially a noodle pudding with cottage cheese and sultana raisins wrapped up on all sides with strudel pastry dough. For that added Helen's touch – she added a generous dollop of vanilla custard/cream on the plate underneath your pastry noodle bundle. You can also indulge and pour the custard on top. Guaranteed, you will not be able to just have one piece.

**2 lb dry pressed cottage cheese**  
**1 pkg Phyllo (20 sheets)**  
**6 eggs, separated**  
**1 cup raisins, yellow**  
**1½ cups sugar**  
**1 tsp vanilla extract**

**4 sticks sweet butter, melted**  
**½-¾ cups sour cream**  
**Pinch salt**  
**Icing sugar for dusting**  
**1 pkg broad egg noodles**

**Hint:** This recipe yields 1 9"x12"x2" baking pan using all 20 Phyllo sheets. You can use all butter or ½ butter and ½ oil. Prepare pans by spreading parchment paper on each. Set aside.

Soak raisins in warm water in a small bowl for 30 minutes. Then, drain and set aside. Melt butter, set aside. Boil noodles in water and salt – drain – set aside (drizzle with little butter – so as not to clump). In a large bowl, place cottage cheese – break up into pieces.

Separate eggs. In separate mixing bowls, beat white until stiff, then beat yolks with sugar and vanilla extract until ribbon stage. Blend yolks mixture with cottage cheese and add raisins and sour cream. Mix in noodles into cheese. Fold in whites – to keep a bit of air in mixture. Place 1 sheet Phyllo pastry into baking pan and brush with butter. Repeat for 4 more sheets. Place cottage cheese/noodle mixture evenly on layers. Repeat with 5 sheets each layer for middle later. Ensure that top is covered with 5 sheets filo. **Bake at 350°F** for 25 minutes until top Phyllo sheets are a light brown and curled. Cut immediately and dust with icing sugar.

**Alternate Preparation: (Log Format)** Some pastry chefs prefer to roll the strudel around the noodle filing the same way as with a regular strudel filling. Take 1 sheet of Phyllo pastry and place on wooden board. Brush with butter. Continue until you have 5 sheets. Place dollops of cottage cheese/noodle filling onto the Phyllo sheets. Roll up like you would a Strudel log and place on buttered cookie sheet. Brush top with butter and bake at **350°F** for 25 minutes. Top leaves should be curling and a golden brown. Remove and cut immediately into diagonal logs and dust with icing sugar. Serve with **Vanilla Cream/Custard** - it adds that special rich touch – as if the dish wasn't already amazingly rich! Recipe follows.



## **VANILLA CREAM/CUSTARD**

### *Vanília Krém*

#### **Slurry**

**1 cup milk**

**8 tbsps cornstarch**

#### **Custard Mix**

**3 egg yolks**

**½ cup sugar**

**½ tsp salt**

**1 tsp vanilla**

**3 oz sweet butter**

**3 cups milk**

In a small bowl, dissolve cornstarch in milk. Beat egg yolks slightly with a fork and add to milk-cornstarch mixture. Set aside. In a

medium saucepan, pour remaining 3 cups milks and combine sugar, salt, vanilla and butter. Heat this mixture, stirring to dissolve the sugar. Bring to a boil, whisking and gradually pour in the milk, cornstarch and egg yolk mixture. You will have to beat this quite vigorously if you want a smooth finish as it thickens very quickly – about 3 minutes. As soon as cream mixture is silky smooth, remove from the heat. To ensure lump-free sauce, pass through sieve. Let cool slightly.

**Serving Suggestions:** Spoon over any fruit filled pastries- strudels, puff or apple pie/squares (**Almás Lepény**).



## CREAM PUFFS

### *Képuiselő Fánk*

Flavoured whipped cream tucked into tender, light cake and topped with rich chocolate. Very similar to the classic **French Cream Puffs**, mom's recipe does not require cooking the flour (choux) paste.

**1 1/3 cups sifted flour**  
**5 egg yolks**  
**3 tbsp sugar**

**1 tbsp water**  
**8 egg whites**  
**3 tbsp sugar**

**Whipped Dessert Fillings**  
**Mocha Cream**

**Rum Cream**  
**Chocolate Cream**

**Chocolate Glaze**

**¾ lb semi-sweet chocolate**

Line baking sheets with parchment paper and draw 2½" circles on it, spacing them about 2" apart. Set aside.

Measure flour and set aside. Beat egg yolks, water and sugar until very thick and lemon coloured. Sift ½ of flour, about 2½ tbsp at a time, over egg yolk mixture and fold just until blended after each addition; set aside. Beat egg whites until frothy. Add gradually sugar to egg whites, beating well after each addition. Beat until rounded peaks are formed. Gently spread egg yolk mixture over egg whites and fold until blended. Lightly sift one-half remaining flour over egg mixture and fold just until flour is blended. Sift remaining flour over batter and fold. Do not over mix!

Using drawn circles on the unglazed paper as a guide, quickly and gently spoon batter onto baking sheets in peaked mounds. Keep

mounds as uniform as possible. (**Hint:** You can place batter into a large Ziploc bag, snip off one end and use it to pipe peaked mounds onto baking sheet.)

Bake at **325°F** for 15-20 minutes until slightly browned. With spatula, cut puffs away from paper and allow to cool on rack. Hollow out centers from tops of one-half of puffs and from bottoms of remaining one-half. Tear portions from centers into small pieces.

**Whipped Desserts:** Prepare one of the following. **Rum Cream** - whipping cream with rum. **Mocha Cream**- whipping cream with coffee and cocoa. **Chocolate Cream** - whipping cream with cocoa

Chill 1 cup of the whipped cream dessert. Reserve for garnish. Fold pieces taken from the puffs into remaining whipped cream and spoon into the puffs' hollows. Use puffs having flat bottoms as bases. Top with remaining puffs so that cream in base and cream in top puff come together. Place puffs flat onto cooling rack having waxed paper underneath. Set aside.

**Chocolate Glaze:** Partially melt  $\frac{3}{4}$  lb milk chocolate or semi-sweet candy-making chocolate for dipping over simmering water, being careful not to overheat. Remove from heat and stir until melted.

Spoon chocolate onto puffs, allowing excess chocolate to drip onto waxed paper. Spread chocolate evenly over tops, if necessary. Scrape together and wrap excess chocolate. When cooled, place puffs onto individual plates. Using pastry bag and a decorating tube, pipe reserved whipped cream around base of each puff. Chill slightly so fillings set. Serve chilled.



## HUNGARIAN CREAM PUFFS

### *Képviseelő Fánk*

**Hungarian Cream Puffs – Képviseelőfánk** are made from what is commonly referred to as **choux pastry**. Unlike other types of butter-based puff pastries, there's no rolling or chilling involved. Choux pastry is essentially a blending of water, butter, flour and eggs and its versatility lends itself to creating a variety of treats, including éclairs. The choux pastry is either piped or dropped by spoonfuls onto baking sheets for these puffs. It may sound complicated, but it isn't. Here's mom recipe.

**Choux Pastry****1½ cups water****Pinch salt****¾ cup butter****4 tsp sugar****1½ cups flour****6 x eggs, lightly beaten****15 tsp vanilla**

**Sweet Choux Pastry:** Put the water, salt, butter, and sugar in a medium saucepan, bring to a boil. Remove from heat and add flour all at once, beating until it forms a ball and pulls away from the sides of the pan. Return pan to heat for a 1-2 minutes to dry it out a little. (This allows paste to absorb more egg, ultimately resulting in lighter puffs.)

Remove pan from heat. Beat in eggs, one at a time, until fully incorporated. After 3<sup>rd</sup> egg, add only enough to make dough that will fall, glossy and heavy, from the spoon. Beat in the vanilla. Spoon dough into piping bag.

Mix a bit of milk into any remaining egg. Have ready a pastry brush for glazing. Pipe dough into evenly-sized 1" balls on a non-stick baking sheet, leaving 2" between them for expansion. Brush tops with glaze and press snouts down with your wet fingertip.

Bake at **375°F** for 25-30 minutes until puffed up, light, dry, and golden. Cool on a wire rack, so they can breathe all around and will keep their shape and not go soggy.

**Pastry Cream****2 cups milk****1 x vanilla bean, split****lengthwise or****2 pkgs vanilla sugar****6 extra lg egg yolks****½ cup sugar****Pinch salt****1/3 cup flour****½ cup whipped cream****1 tbsp coffee or chocolate  
liqueur**

**Pastry Cream:** Pour milk into a saucepan. Scrape vanilla seeds into milk and toss in the pod. Bring just to a boil, remove from heat, cover, and set aside to infuse vanilla for 10-15 minutes.

Beat egg yolks and sugar to pale thick ribbons. Gradually beat in flour. Whisk milk into egg mixture in a thin stream. Add the flavouring (**coffee or chocolate**) and bring to a boil over medium heat, stirring constantly until the mixture thickens. Strain and set aside to cool with a buttered piece of waxed paper on top to prevent a skin from forming. When cool, fold in whipped cream and transfer to a piping bag with a small tip. To fill the puffs, poke tip into bottom or side of each puff ball and pipe in pastry cream. **Yield:** About 2 cups pastry cream, enough to fill one batch of choux pastry.





## HUNGARIAN LOVE LETTERS

### *Szerelmes Levelek*

The name of this pastry dessert is mysterious. Perhaps just the fact that the many leaves in the pastry were like love letters – pages and pages of leaves. The alternate dough rolling method below demonstrates yet another part of the story - an envelope – obviously containing the love letter.

The sugary sweet filling is what the letter contains – sweet nothings! Dream away as you indulge.

**2 2/3 cups flour**  
**2 ½ sticks sweet butter**  
**2 whole eggs**  
**1 egg yolk**  
**½ cup milk**  
**¾ cups walnuts, ground**

**¾ cups sugar**  
**½ cup graham crumbs**  
**1 tsp cinnamon**  
**½ cup raisins**  
**2½ lb green apples,  
shredded**

In a large mixing bowl, place the 2 2/3 cup flour. With a pastry blender or fork, cut in butter until mixture forms balls the size of peas; make a well in the center. Add 1 whole egg, egg yolk, and milk. With 2 spoons, mix together liquid and dry ingredients until well blended. Shape into a ball. Turn dough out onto a floured board and knead until smooth, about 5 minutes. Form into a loaf, wrap in waxed paper, and chill 2 hours or overnight in refrigerator.

In a small bowl combine nuts, sugar, cracker crumbs, and cinnamon; set aside. On a floured board divide dough into 3 equal portions. With a floured rolling pin, roll out 1 portion large enough to line the bottom and sides of an 11"x18" baking pan.

Fit dough into pan and spread two thirds of the nut mixture over dough. Distribute raisins evenly over nut mixture. Roll out second portion of dough the same size as the first and fit it over nut-covered layer. Mix apples with the remaining nut mixture and then spread it over dough. Roll out final dough portion the same size as others and fit it over apple filling.

Break 2nd whole egg into small bowl, beat well and brush over surface of pastry. Let stand a few minutes and brush again. Dip fork tines into warm water and run tines diagonally from upper left to lower right corner of pastry, scoring entire surface. Repeat, running lines from upper right to lower left corner to create a pattern of crossed lines.

Bake at **350°F** until evenly browned for about 30-35 minutes. Remove pan to a wire rack to cool for 45 minutes. Cut into small rectangles to serve and dust with icing sugar.

**Alternate dough rolling method** - When the pastry has been chilled, roll out the dough into a thin square. Slice it up into 3"X3" squares. Place filling onto middle of each square. Fold sides of dough onto the filling to form an envelope. Go easy on the amount of filling for fear of leakage and press edges of dough together along sides. Bake at **350°F** until light brown about 25-30 minutes. You can fill the pastry with thick jam and form triangle shapes.

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## CAKES & TORTES

### *Torták*

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An **Austro-Hungarian Torte** is the edible equivalent of a Mozart symphony combined with the frivolity of a Strauss waltz. Just as the finest conductors find levels of sophistication in the simplest tunes, master bakers create master pieces of flavour and beauty from Tortes.

For it is not enough for a Torte to just taste good, it must be impressively gorgeous as well. I have indulged in these tortes most of my life and I watched my mother skilfully prepare the classics below.

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### WALNUT TORTE

#### *Díós Torta*

Walnuts are very plentiful in Hungary and you will find them in many desserts and noodle dishes and of course – light airy tortes. Here are a number of variations on the theme. Try them all. You will be happy you did!

**Walnut Tortes** are triple layers of dense and flavourful cake are made with finely ground walnuts, glazed with apricot jam, and filled and topped with rich walnut custard butter cream. They are all light and delicate and regal. They all use similar preparations – egg whites are beaten separately and folded into the yolk/sugar batter to trap air keeping the torte spongy and airy. Their fillings are heavenly as well.

I believe that one slice is never enough. Birthday Cake requests always include something from these recipes at our home.

Some Master Hungarian Chefs have created a unique baking pattern or scientific formula as it were. They follow a pattern of measurements – 10 of everything or 12 of everything. It seems to all work out. Here are **four** distinctly different and delicious recipes for **Walnut Torte - Diós Torta**. You will see that the various nuances are in the amounts of eggs and the addition of extra ingredients such as: lemon rind, rum, orange juice, bread crumbs and vanilla and even chocolate. The mode of preparation is the same for all.



### *Diós Torta #1*

#### Walnut Torte Batter

12 egg yolks  
12 egg whites  
12 tbsp walnuts, ground  
12 tbsp sugar

12 tbsp flour  
1 tsp vanilla  
2 tsp baking powder  
Pinch salt (for egg whites)  
¼ tsp salt



### *Diós Torta #2*

#### Walnut Torte Batter

10 egg yolks  
10 egg whites  
10 tbsp ground nuts  
10 tbsp sugar  
10 tbsp bread crumbs

2 tbsp flour  
¼ tsp baking powder  
1 tsp vanilla  
Pinch salt (for egg whites)  
¼ tsp salt



### *Diós Torta #3*

#### Walnut Torte Batter

2 egg yolks  
12 egg whites  
2 cups walnuts, ground  
1 cup brown sugar  
4 tbsp bread crumbs  
4 tbsp flour

1 tsp baking soda  
1 tsp baking powder  
1 tsp vanilla or rum  
1 tbsp oil  
Pinch salt (for egg whites)  
¼ tsp salt

## *Csokoládés Diós Torta #4*

### **Walnut Torte Batter**

12 egg yolks  
12 egg whites  
12 tbsp sugar  
12 tbsp walnuts, ground  
8 tbsp flour  
4 tbsp bread crumbs  
1 tsp baking powder  
1 tbsp oil  
½ tsp salt

Pinch salt (for egg whites)

1 tbsp lemon rind

1 tsp vanilla

6 oz dark chocolate, melted

### **Decorating**

1 tbsp walnuts reserved  
from 12 tbsp)

### **Apricot Jam for Glaze**

4 oz dark chocolate (glaze)

**Walnut Torte Batter:** In a large bowl, beat egg whites with pinch of salt until stiff, but not dry. In a separate bowl, beat egg yolks until thick and yellow. Add sugar, 2 tbsp at a time, beating a few minutes after each addition. Well fully blended, add and remaining ingredients (i.e. lemon rind, melted cooled chocolate, rum or vanilla etc). In a separate bowl, combine all dry ingredients and ground walnuts. Then sprinkle dry ingredients into egg yolk/sugar mixture 2 tablespoonfuls at a time and blend well.

**Folding:** Important Step – Keep batter light and airy and try not to deflate. Add ½ of egg whites into egg yolk/sugar mix using cut and fold method using a large spatula. When well incorporated, add remaining whites. Bake in 2, 10" pans or 3, 9" layer spring-form pans at **350°F** for 30-45 minutes until toothpick comes out clean. Let cakes cool complete before cutting into desired number of layers and then fill and ice with favourite recipe. One variation even includes glazing with apricot jam and then covering with a melted chocolate icing.

**Various Fillings/Icings: for Dios Torta include:** Coffee, Chocolate, Vanilla Custard, Mocha Cream, Butter Cream – - see **Fillings/Icings** for full list.

### **Coffee Icing/Filling**

2 tbsp flour  
½ cup milk  
2 stick sweet butter  
1 egg

¾ cup icing sugar

¾ cup strong coffee

### **Apricot Glaze**

¼ cup thick apricot jam

1 tbsp hot water

**Coffee Icing/Filling** – In a medium saucepan, boil flour and milk until thick, then cool. (Strain if necessary to remove lumps). Using a hand mixer, cream together butter and egg. Add flour paste and continue beating until smooth. Add coffee and continue to beat.

**Butter Icing/Filling**

4 sticks sweet butter  
1 lb icing sugar

4-6 tbsp cocoa powder

1 tsp vanilla or rum  
Pinch salt

**Butter Icing/Filling** - Cream butter thoroughly. Add sugar and cream well. Add cocoa and cream until blended. Add flavouring.

**Butter Cream Icing/Filling**

2½ tbsp flour  
½ cup milk  
½ cup sweet butter

½ cup sugar  
2 tsp cocoa  
½ tsp vanilla  
Pinch salt

**Butter Cream Icing/Filling** - In a saucepan, cook together flour and milk, stirring until creamy. Remove from heat and let cool. Cream together butter, sugar, and cocoa. Add vanilla extract. Combine butter cream into paste and beat with wooden spoon until smooth and fluffy. This makes a very creamy and smooth icing. Ice cake, cut and serve. Chill slightly before serving. Exceptionally delicious!

**HAZELNUT TORTE***Mogyorós Torta*

This torte has a light, nutty texture and exceptional flavour. To cut cleanly, use a sharp knife that's been dipped in hot water and wiped off.

**Torte Batter**

butter for greasing pan  
8 eggs, separated  
¼ cup sugar

¼ cup orange juice  
4 tbsp matzo meal  
4 tbsp hazelnuts, ground  
¼ tsp salt

**Hazelnut Cream**

¾ cup sugar  
½ cup water  
8 egg yolks

2 sticks sweet butter, soft  
½ cup hazelnuts  
toasted & ground  
Pinch salt

**Decoration**

12 whole hazelnuts

**Torte** - Preheat oven to **350°F** and grease a 9-inch spring-form pan well. To make the torte, in a bowl, blend the egg yolks and sugar with an electric mixer until they are creamy-yellow and smooth. Whisk in the orange juice, matzo meal and ground hazelnuts. Set aside. In another bowl, whip the egg whites until firm, and then fold into the yolk mixture. Put the mixture in the pan. Bake for 35 minutes.

**Hazelnut Cream** - In a saucepan, boil the sugar in the water until dissolved. Continue boiling slowly over low heat until the mixture reaches **238°F**, the soft-ball stage on a candy thermometer. Alternately, you can test the thickness of the syrup by dropping a small amount into a glass of cold water until it holds its shape. In a bowl, beat the 8 additional egg yolks at medium speed until thickened, 3-4 minutes, and add the boiling sugar syrup a little at a time to the yolks while continuing to beat for 3-4 minutes, until light yellow. Beat for 2 -3 more minutes until the mixture cools. Add the butter and beat at low speed for 5 more minutes until light and creamy. Add the ground hazelnuts and mix.

**Decoration** - Heat oven to **450°F**. Place nuts on a cookie sheet on the middle rack and toast for 4-5 minutes. Shake pan occasionally to ensure nuts do not burn. Remove nuts from the oven and roll them in a towel to remove skins and let cool about 10 minutes.

**Assembly** - When torte is baked, allow it to cool completely, and then slice into 2-3 layers. Spread the hazelnut cream evenly on each layer and the top and sides. Decorate the top with whole hazelnuts.



## HUNGARIAN FLOURLESS HAZELNUT TORTE

### *Mogyorós Torta - (Liszt nélkül)*

This cake was traditionally a birthday cake in our home. Mom's friend had a gluten allergy and therefore she created her own flourless version. This reminds me of the Phantom of the Opera meringue cake at Williams Pub. Exquisite!

#### **Torte Batter**

**12 oz hazelnuts (ground)**

**2 tsp baking powder**

**6 egg yolks**

**5/8 cup white sugar**

**6 egg whites**

**Pinch salt**

**2 cups whipping cream**

**1/4 tsp salt**

#### **Garnish**

**1/8 cup hazelnuts, chopped**

Grease and flour a 9" spring form pan. Grind hazelnuts until very fine. Add baking powder and set aside. In a large bowl, whip the egg yolks with the sugar until pale yellow in color. Beat in the ground hazelnut mixture. In a separate clean bowl, with a clean whisk, whip egg whites until stiff. Quickly fold 1/3 of egg whites into yolk mixture, then add remaining whites and fold in until no streaks remain. Pour into a 9" spring form pan. Bake in preheated **325°F** oven for 60-75 minutes or until top of cake springs back when lightly tapped. Cool on wire rack.

When cake is completely cooled, slice horizontally into 3 layers. Whip cream until stiff and spread generously between layers, on top and on the sides of the cake. Sprinkle chopped hazelnuts on top for decoration.

**Note:** Hazelnuts may be toasted or raw and the skins may be removed or left on.



## HUNGARIAN HONEY TORTE

### *Mézes Torta* or *Mézes Szelet*

This is an extraordinary Hungarian layered **Honey Torte** - **Mézes Torta** with unusual preparation but amazing results.

#### **Torte**

**2 tbsp butter**

**1 cup sugar**

**¼ cup milk**

**3 tbsp dark or acacia honey**

**5 cups flour**

**1 tbsp baking soda**

**2 large eggs**

**¼ tsp salt**

#### **Filling**

**¼ cup cream of wheat**

**2 cups milk**

**1 tsp vanilla extract**

**¾ sticks butter**

**1 ¼ cups sugar**

**1 large egg**

**1 cup apricot or sour cherry preserves**

**Torte:** In a small saucepan, place butter, sugar, milk, and honey and warm it over a low heat, beating well, and then let it cool. Sift flour and baking soda onto a board. Make a well and break the egg into it. Mix thoroughly with your hands, and then add the contents of the small pan. Make a dough, kneading a few minutes until the dough is smooth. Divide into 4 balls. Cover and let rest for 1 hour.

Flatten each dough ball and then roll out into a **10"X15"** rectangle. Place on 4 parchment lined cookie sheets and bake in a preheated **400°F** oven until surface is golden brown, about 15-20 minutes. (Watch as dough can burn easily). Remove sheets from oven and let stand overnight at room temperature. If you do not have 4 cookie sheets, use 2 and then repeat.

**Filling:** Place cream of wheat and milk in a small pan, stirring constantly until thickened, about 2 minutes. Add vanilla extract. Let cool slightly. Add butter, sugar, and egg. Beat with a mixer. Cover and chill overnight. The next day, place ½ of the filling on the first pre-

baked sheet of dough. Put second sheet of dough on top of first and spread on apricot or sour cherry preserves. Then put 3<sup>rd</sup> sheet on top, spread remaining filling and finally top with the last sheet. Let stand for at least 6 hours. Cut with a sharp knife into small squares, or into diamonds.



## DOBOS TORTE

### *Dobos Torte*

**Joszeff Dobos** was likened to the great French chef, Auguste Escoffier. He created his culinary extravaganzas during the same period as the French master. **Dobos'** name became very well-known well beyond his country's borders. **Dobos Torte** consists of seven delicate layers of individually-baked vanilla sponge cakes and velvety rich chocolate butter cream filling, crowned with wedges of a crunchy, caramel glaze cake layer. It was the inspiration at the end of the 19th century by of a Hungarian master pastry chef **József Dobos**. This torte is a special celebration treat for Hungarians. It's there at every wedding, birthday, anniversary – and it should be.

#### Torte Batter

**9 egg yolks**  
**9 egg whites, beat/stiff**  
**9 tbsps sugar**

**½ tsp salt**  
**1 tsp baking powder**  
**1 lemon, rind grated**  
**9 tbsps flour**

**Preparation:** Use 6, 8" or 9" round layer cake pans with or without removable bottoms. Or, bake 3 cakes at one time and then another 3.

Beat egg yolks for 5 minutes and add sugar, by spoonfuls until lemon coloured and fluffy. Sift flour, baking powder and salt and mix in with egg yolk mixture until smooth (about 5 minutes.) Add grated rind of whole lemon. Lightly fold in egg whites. Grease and flour bottom of either one 8" or 9" cake pans and spoon in thin layer of batter. Bake at **350°F** for 10 minutes. Makes 7 layers. Immediately remove layers to tea towels.

#### Icing

**2 sticks sweet butter**  
**1 tsp vanilla**  
**1 cup icing sugar**

**½ cup cocoa**  
**1 whole egg**  
**¼ cup black cold coffee**

Cream butter and sugar and beat in egg. Add vanilla and cocoa and beat until smooth. Add coffee. Spread small amount of icing on each layer as you stack them and ice outside and top of cake last.





## DOBOS TORTE

### *Dobos Torta*

This recipe was adapted from a restaurant version we enjoyed in Vienna. In high class restaurants and cafés, you will find the golden brittle topping, but in the home setting, you might only see the multi-layered torte and the filling. This is an art well worth learning.

#### Torte Batter

**1½ sticks sweet butter, cubed**  
**1 vanilla bean, split**  
**2 oz icing sugar**

**10 eggs, separated**

**1 cup sugar**  
**7 oz cake flour, sifted**  
**¼ tsp salt**

#### Chocolate Butter Cream

**1 cup sugar**  
**¼ cup water**  
**2 eggs**  
**1 egg yolk**

**4 sticks butter, cubed**

**12 oz bittersweet chocolate, melted**  
**1 tbsp rum**  
**Pinch salt**

#### Caramel Brittle Topping

**6 oz sugar**

**Cake:** Preheat the oven to **400°F**. Mark the outline of a 9-inch cake pan on parchment paper. Repeat until you have 6 marked circles. Place butter and vanilla in mixing bowl. Warm over low heat to soften. Transfer to a mixer and whip for one minute. Add powdered sugar and continue to whip another 5 minutes, until smooth and well blended. Lower the speed and add the egg yolks. Continue to whip for 2-3 minutes, until light.

In another mixing bowl, whip the egg whites until soft peaks. Add the granulated sugar and increase speed of the mixer. Whip until stiff but not dry. Fold the meringue into the egg yolk mixture. Gently fold flour into the egg mixture. Divide the batter equally among 6 marked circles. With an offset spatula, spread the batter about ¼" thick to fill in the marked circle. Bake in preheated oven for 6-8 minutes or until light golden in color. Allow to cool. Transfer each cake circle onto a 9" cake board. Reserve.

**Chocolate Butter cream:** In a saucepan, combine the sugar and water. Boil to **240°F** or soft ball stage on a candy thermometer. Do not stir.

Meanwhile, in a mixer, beat the eggs and egg yolk until light and at the yellow ribbon stage. Lower the speed and gradually pour the hot

syrup into the egg mixture. Increase the speed and whip mixture until room temperature. Add the butter, 1 piece at a time. Then add the melted chocolate and rum, if desired. Continue to whip until smooth and well blended.

**Caramel Brittle Topping:** In a medium saucepan, cook sugar until is amber in color. Pour brittle over 1 of the reserved cake layers. Run edge of a chef's knife in butter. With the help of the buttered edge knife, spread the caramel to cover the entire surface of the cake circle. Allow to cool to set the caramel. Cut into 12 equal pie cuts with a hot sharp knife. Be careful not to break brittle. Reserve.

**Torte Assembly:** Reserve half of **Chocolate Butter Cream**. Using some of the remaining butter cream, spread a 1/8" layer on top of the first cake layer. Continue layering the remaining the 4 remaining cake circles and spreading the butter cream. When all 5 cake layers have been frosted, frost the sides and top of the cake. Use a pastry comb to finish the sides of the layered cake. Mark top of the cake into 12 pie sections. Pipe the remaining butter cream on top of each pie section and then arrange the caramel slices slanted on top of the piped cream at a 45° angle.



## CHESTNUT TORTE

### *Gesztenyepüre Torta*

**Gesztenyepüre - Chestnut Puree** is a widely used ingredient in Hungarian desserts. It is often a basic ingredient of cream fillings for tortes, cakes and Kifli and even for Beigli, the traditional Hungarian Christmas pastry. This very simple cake made from chestnut puree, is a "killer" dessert. One of the easiest and elegant cakes you will ever prepare and taste. Not just delicious, but sinfully decadent!

#### Torte Batter

1½ cups flour  
1½ cups sugar  
10 tbsps water

1 tsp baking powder  
4 eggs, separated  
¼ tsp salt

#### Chestnut Cream

1 can chestnut puree  
3 tbsps rum  
1 packet vanilla sugar

2 cups whipping cream  
½ stick sweet butter  
2 tbsps icing sugar (puree)  
Pinch salt

#### Chocolate Glaze

2 oz semi-sweet chocolate

1 oz butter

In a large mixing bowl, beat whipping cream until stiff. Set aside in fridge. Rice chestnut puree (with a potato ricer) to make it lighter and easier to work with. Then, cream together chestnut puree, butter and rum. Fold in the whipped cream. Set in fridge to cool slightly. Meanwhile, grease and lightly floured 2, 9" cake pans. Set aside. Preheat oven to **350°F**.

In a medium mixing bowl, beat egg whites until stiff. Set aside. Beat yolks with sugar until creamy yellow. Add water. Combine flour and baking powder (sifted). Add gradually to yolks. Fold in whites, being careful not to deflate air. Bake in **350°F** oven for 30 minutes – check for doneness with toothpick. Should come out clean. When cooled, cut both cakes into 1 slice each. Use chestnut/rum butter cream as filling and icing. For an even more delectable torte, make a chocolate glaze to coat. Very delectable.

**Chocolate Glaze:** 2 oz semi-sweet chocolate, 1 oz butter – melted. When the chocolate coating is half-set, mark the torte slices with a knife dipped in hot water. Then use the remaining chestnut cream and pipe little rosettes at the end of each slice (16).

**Hint:** *Chestnut Puree* is available at fine delis in cans. (1 can = 2 cups)

**Note:** A simple, yet luscious dessert can be easily made by merely ricing pureed chestnut, combining with a small amount of icing sugar and serving it with heaps of whipped cream.



## FEATHER SPONGE CAKE

### *Piskóta Torta*

Every region has their own version of a sponge cake. Depending on how many eggs you have on hand, you can easily vary the recipe to accommodate. This simple sponge lends itself to practically **ANY** filling; from **Lekvár**, to buttery cream and nut fillings to whipped cream and chocolate. It can be baked in a square pan and cut and stacked, on a cookie sheet and rolled into a jelly roll or in a fluted or spring-form pan to be decorated like a torte.

**9 eggs, separated**  
**1 cup sugar**  
**½ tsp salt**

**Rind from 1 lemon**  
**1 cup cake flour**

**Chef's Secret:** For an exceptionally fluffy airy cake, don't place the cake into a hot oven. Preheat the oven to **250°F** and upon placing the

cake inside, raise temperature to **325°F**. The extreme heat deflates the airy bubbles that are created in the preparation and can tend to make the cake rubbery and hard.

Beat egg yolks slightly and add sugar gradually. Beat egg whites until stiff. Add sifter flour and salt. Gently fold in whites. Sprinkle lemon rind and combine mixture. Bake in 9" tube pan at **325°F** for 35-45 minutes. Invert tube pan on a bottle and cool before removing. Choose a **Butter Filling** or a simple **Chocolate Filling** in Yule Log style. See **FILLINGS**.

**Yield:** This makes a large jelly roll or 2 smaller ones, 1 large 9" tube sponge cake or spring-form cake with 4 layers of sponge for filling.



## SPONGE CAKE

### *Piskóta Torta*

This sponge uses fewer eggs and makes a delightfully light cake, ready to fill with any creams, or preserves.

**6 eggs, separated**  
**¾ cup sugar**  
**1 cup cake flour**  
**7 tbsp cold water**

**1 tsp vanilla**  
**1¼ tsp baking powder**  
**½ tsp salt**

Beat egg whites and salt until stiff and set aside. Beat egg yolks until yellow and add sugar slowly. Add rest of ingredients. Combine whites and yolk mixtures. Bake in 2 - 9" greased pans at **350°F** for 45 minutes. Top with **Butter Filling** or use **Chocolate Filling**, Yule Log style. See **FILLINGS**.



## JELLY ROLL

### *Piskóta Tekercs*

This sponge is equally as light, but has a firmer texture and holds up to rolling. The eggs are not separated. This is a 30 minute jelly roll from start to finish. By the time you prepare the filling –it's ready to spread and re-roll. That easy!

**6 eggs whole**  
**1 cup sugar**  
**1 tsp vanilla extract**

**2 tsp baking powder**  
**1 cup flour**  
**Pinch Salt**

In a medium bowl, beat eggs and sugar until yellow ribbon color. Add vanilla. Sift dry ingredients (flour, baking powder) and add 1/3 at a time into eggs and sugar mix. Line a 9"x13" jelly roll sheet pan with parchment. Bake at **350°F** for 15 minutes until sponge springs back.

Remove from oven, sprinkle top with sugar and flip out onto a linen tea towel on cutting board. Peel off paper gently being careful not to tear cake. Roll up immediately with tea towel and let cool rolled - this sets the shape. Unravel towel with jelly roll and fill with jam, butter creams or whipping cream. Re-roll, cut off ends (for the chef)! Slice into generous 1/2" slices. Just before serving, dust with icing sugar. **See Frostings, Fillings and Icings for your favourites.**



## CHOCOLATE JELLY ROLL

### *Csokolades Piskóta Tekercs*

I simply love this recipe, it is so easy to make, but looks really special when done! The rich dark chocolate, the decadent cream filling and the sugary coating. What's not to love? You can jazz it up by decorating with fresh strawberries or raspberries to the whipped cream.

#### **Cake Batter**

**6 eggs whole**

**1 cup sugar**

**1 cup flour (less 2 tbsp)**

**1/2 tsp salt**

**2 tsp baking powder**

**2 tbsp Dutch cocoa**

**1 tbsp strong coffee**

#### **Filling**

**1 cup heavy cream**

**1 tbsp icing sugar**

**1/2 tsp vanilla extract**

Preheat oven to **350°F**. Line a standard cookie sheet 15"x12" with parchment paper, extending the edges over the two long sides.

In a large mixing bowl, beat eggs and sugar until yellow ribbon color. Sift dry ingredients (flour, baking powder, salt and cocoa) and add 1/3 at a time into eggs and sugar mix. Bake at **350°F** for 12-15 minutes until cake springs back. Remove from oven, sprinkle top with sugar and flip out onto a linen tea towel on cutting board. Peel off paper gently being careful not to tear cake. Roll up immediately with linen tea towel and let cool rolled - this sets the shape.

While jelly roll is cooling - prepare the filling. Beat the cream, icing sugar & vanilla extract until stiff peaks form. When completely cooled, unravel linen towel and unroll sponge. Fill with whipping cream. Spread the cream over the cake, leaving a 1/2" border all the way

around. Re-roll the cake (without the paper). Cut off ends (for the chef). Place cake seam-side down onto serving tray. Refrigerate until serving. Slice into ½" slices. Dust with extra icing sugar and serve with fresh raspberries or strawberries for garnish.

**Optional Fillings:** Use a combination of raspberry jam and whipping cream, apricot jam or combination of ½ pkg softened cream cheese and whipping cream and icing sugar. Dust with berry sugar or icing sugar just before serving.



## CHOCOLATE NUT JELLY ROLL

### *Csokoláde Diós Tekercs*

This easy and lovely recipe is a simple sponge with a delightful twist – chocolate and nuts.

#### Chocolate Sponge

**6 eggs, separated**  
**1 tsp baking powder**  
**6 tbsp powdered sugar**

**1 tsp vanilla**  
**3 tbsp sifted cake flour**  
**3 tbsp cocoa**  
**¼ tsp salt**

#### Filling

**1 cup whipping cream**  
**1 tsp vanilla extract**  
**¼ cup icing sugar**

#### Chocolate Fudge Glaze (Recipe in Frostings)

#### Garnish

**½ cup walnuts, chopped**

Mix egg yolks and powdered sugar and beat well until thick and lemon coloured. Add cake flour, cocoa, baking powder and vanilla. Beat egg whites until stiff and fold into batter. Put into greased and floured jelly roll pan. Bake at **375°F** for 15-20 minutes. Remove from oven and immediately roll up in sugared damp cloth, and cool. In a cold metal bowl, whip cream and add extract and sugar. Keep chilled until ready to use. Unroll and fill with cream, re-roll and top with **Chocolate Fudge Glaze** (Recipe in Frostings) topping and chopped walnuts. Chill in refrigerator and serve in slices.



# IMPORTANT MEMO TO THE COOK



**On Substitutions:** The recipes in *Helen's Hungarian Heritage Recipes Cookbook* are classically complete: they need no more ingredients than are specified. On the other hand, classical completeness is not untouchable; very often one or two ingredients may be omitted, and no harm done. Two or three herbs may do well enough for four or five and one liqueur for two.

Substitutions arise from three motives: **economy, expediency and preference**. We never suggest using **ersatz** ingredients. If you feel you must, for false **economy's** sake, we will find it in our hearts to forgive you and not condone you. **Expediency** is another matter. Many a culinary masterpiece was invented because one bottle was empty and another full. Substitutions for **preference** are the secret of infinite variety and canny substitutions for **preference** will multiply the usefulness of *Helen's Hungarian Heritage Recipes*.

**Apologia:** We have printed as many recipes as the pages of this book can decently accommodate. I think 440 is more than you will find in **ANY** cookbook. We have gone through four revisions and each time we have added about 50 or so highly sought after recipes, but if by now your favourite is still missing, please forgive us. We have tried to limit our sins to sins of omission.

**Final words:** Lastly, I want you to know how truly honoured I am to have been able to serve you in this humble capacity. To have been able to preserve those otherwise lost classic Hungarian recipes written and prepared by my mother for over 70 years of her life. I cannot write to please man as much as I would like to at times. So, when you've turned the last page, if you're not *pleased*, kindly consider telling God and not me. My self-esteem is a little shakier than His.



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## *Elegant, Elaborate Celebration Meals*

### **Meal # 1**

- Course # 1 **Hen Soup W/Cork Screw Noodles** (*Tjuk Leves Csiga Tésztával*)  
Course # 2 **Cabbage Rolls** (*Töltött Káposzta*)  
Course # 3 **Breaded Chicken** (*Kirántott Csirke*) **W/Parsley Potatoes** (*Petrezsélymes Krumpli*) **W/Cucumber Salad** (*Uborka Saláta*)  
Course # 4 **Dobos Torte** (*Dobos Torta*)

### **Meal # 2**

- Course # 1 **Mixed Potato Vegetable Soup** (*Zldséges Krumpli Leves*)  
**Or Kohlrabi Cream Soup** (*Karalábe Krémleves*)  
Course # 2 **Chicken Paprika** (*Paprikás Csirke*) **with Dumplings** (*Nokedli*) **W/Cucumber Salad** (*Uborka Saláta*)  
**(Additional Side-Dish Buttered Peas or Carrots)** (*Párolt Sárga Répa*)  
Course # 3 **Apple Filled Pastry Squares** (*Almás Pite/Lepeny*)

## *Simple Peasant Type (Everyday) Meals*

### **Meal # 1**

- Course # 1 **Dry Bean Soup W/Pork Hocks** (*Száraz Bab Leves*)  
Course # 2 **Hungarian Palacsinta filled with Cottage Cheese** (*Magyar Palacsinta, Túrós Totelék*)

### **Meal # 2**

- Course # 1 **Sour Cream Potato W/Pork Hocks** (*Savanu Krumpli Leves*)  
Course # 2 **Layered Potato Sausage Casserole** (*Rakott Krumpli Kolbászal*)  
Course # 3 **Sponge Cake (Jelly Roll W/Apricot Jam)** (*Piskóta Tekercs*)

### **Meal # 3**

- Course # 1 **Savoy Cabbage & Potato Stew** (*Kelkáposzta Fôzelék*)  
Course # 2 **Golden Walnut Sweet Bread** (*Arany Galuska*)

### **Meal # 4**

- Course # 1 **Goulash Soup** (*Gulyás Leves*) **W/Hungarian Crusty Bread** (*Fehér Kenyer*)  
Course # 2 **Cottage Cheese Noodles** (*Túrós Csusza*)  
Course # 3 **Fruit Compote (Apple or Pear)** (*Gyümölcs Compote*)

### **Meal # 5**

- Course # 1 **Mixed Potato Vegetable Soup** (*Zldséges Krumpli Leves*)  
Course # 2 **Pork & Sauerkraut Rice Casserole** (*Kolozsvári Rakott Káposzta*)  
Course # 3 **Cottage Cheese Strudel or Apple Strudel** (*Almás Rétes*)

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# Egy Szép Emlék Budapestről

A Beautiful  
Souvenir  
of  
Budapest

# Hungarian Tongue Twisters

1. Láttam szőrös hörcsögöt. Éppen szörpöt szőröcsögött. Ha a hörcsög szörpöt szőröcsög rátörnek a hörcsög göröcsök.
2. Legkedvesebb megegyeszségesedésedre!
3. Ezt a kertet jól elkelkáposztástalanítottatok.
4. Piros csíkos cinkcsészében cukros csirkecomb.
5. Két pék két szép kék képet kér.
6. A tarka szarka farka tarka. De nem minden szarka farka tarka csak a tarka szarka farka farka.
7. Gyere, Gyuri, gyújtsunk gyufát a Györi gyufagyárban.
8. Minden kiskakas kikukorékolásáig él.
9. Az ipafai papnak fapipája van, ezért hát az ipafai papi pipa ez a fapipa.
10. Ádám bátyám fánál állván, száját tátván pávát lát.
11. Sárga bögre, görbe bögre.
12. Répa, retek, mogyoró, korán reggel ritkán rikkant a rigó.
13. Kerekas Kelemen kerekét kerekíti kerekre.
14. Jobb egy lúdnak két tyúknaknál.
15. Megrövidebbítendő
16. Ádám bátyám, pávát látván, száját tátván, lábát rázván, pávává vált.
17. Kis szűcs mit sütsz, tán sós húst sütsz kis szűcs?
18. Azt mondták a hatalmasok: akinek hat alma sok, az már elég hatalmas ok, hogy ne legyen hatalma sok!
19. A vonaton egy örült, mellette egy örült, örült az örült, hogy mellette egy örült.
20. Már volt vagy ősz szinte, mikor egy őszinte ősz inte legyek őszinte, mert ő szinte őszinte.
21. Csetneki csíkos itat a Tiszán, Sárga cserép csengo cseng a csetneki csíkos csinos csikaja nyakán.
22. Levesembe ne tegyenek petrezselyem levelet mert nem szeretem meg nem ehetem

---

## English Translations

1. I saw a bearded hamster-It was lapping syrup-If a hamster is lapping syrup-it will be seized with a hamster-clamp.
2. To your Health!
3. You ate all cabbages from the garden.
4. There is a leg of chicken and sugar in a red striped zinc cup.
5. Two bakers would like to get two blue pictures.
6. The multi-colored mockingbird's tail is multi-colored. But not every mockingbird's tail is multi-colored, only the multi-colored mockingbird's tail is multicolored.
7. Come to the match factory, George, let's light some matches!
8. Every rooster lives to its final cock-a-doodle-doo.
9. The priest from Ipafa has a wooden pipe, thus this wooden pipe is the priest from Ipafa's.
10. My brother Adam standing at a tree with his mouth wide open looking at a peacock.
11. Yellow pot/mug, bent (twisted, dented) pot/mug.
12. Carrot, radish, hazelnut, early morning rarely calls the blackbird.
13. Mr. Kelemen Kerekas is making his wheel round.
14. Better one goose neck than two chicken necks.
15. To be shortened
16. Uncle Adam seeing a peacock with wide open mouth shaking its leg also turns into a peacock.
17. What are you baking little furrier, perhaps you're roasting some salty meat little furrier?
18. The powerful say that people who think six apples are a lot should not be powerful.
19. A madman on a train was sitting next to a guard. The madman was pleased.
20. It was almost autumn, when a honest old men advised me to be honest because he is almost honest.
21. A horsekeeper from Csetnek waters his pony on the Tisza River. A yellow earthenware bell tinkles on the pony's neck
22. Don't put any parsley leaves in my soup, because I don't like it and I can't eat it.



# Helen's Hungarian Heritage Recipes

We proudly present this collection of Helen Szabo Czegeny's family heritage recipes as they have been cherished and handed down through many generations.

Hungarian cuisine is ingenious, flexible, imaginative, and full of flavor. If you recall the family meals you ate as a child as the best tasting ever, then your memory serves you right. That's because the primary ingredient was love. Preparing and eating food closely tied to your ethnic roots can, and does, make for more enjoyment and fonder memories.



Clara Czegeny

Ethnic cooking is an important family bonding agent that also links us to our ancestral roots. It is one element of a shared commonality that must be passed down to each generation. You can sometimes glean history from a country's dishes.

In Budapest, patriotism is kept alive through the old dishes and traditions. Desserts are named for composers, emperors, counts and operas. To appreciate the dishes and desserts of old Hungary, we've included a section on Hungary's history and background.

Popular Hungarian specialties include: Gulyás, Nokedli, Csirke Paprikás, Pörkölt, Töltött Káposzta, Lecso, Kolbász, and Palacsinta, Rétes and Dobos Torta.

These are just some of my favorites - I hope you will find yours in the pages of this great book. From the spicy meaty goulashes to the paper thin strudels - you will most certainly find one you will love.

*~Clara M. Czegeny & Family*

*"Put a Little Paprika in Your Life!"*



Helen Czegeny