

About Hungarian-style Cooking

If you want to reproduce the authentic flavor of Hungarian dishes, you must use real Hungarian lard, green pepper, paprika, tomato and onion. However, this is not always possible. You can't obtain the same flavor if you use butter, oil or margarine instead of lard. Even if you are using lard make certain it was produced by a higher temperature frying process and not by steam melting. The fragrance of onion will be enhanced by the flavor of the lard.

Lard is also the perfect medium for preserving the natural color of paprika. However, do not put paprika into overheated lard; it will produce bitter taste and the color will be brown instead of red.

If the recipe calls for "special" (*különleges*), "delicate" (*csemege*) or "fine-sweet" (*édes-nemes*) paprika, do not worry about the seemingly excessive amount of it in the ingredient list; it is necessary to obtain the proper flavor. Of course one can experiment with a lesser amount of paprika. The hot or rose-red (*erős rózsza*) paprika is used to add color and flavor after cooking. (In the recipes, paprika always means fine-sweet paprika.)

A dish might become spicy-hot because the green pepper used was hot. Test the green peppers before use by tasting the ribs; most of the spicy-hot chemical capsinice is located in the ribs and seeds of the green pepper. Even a very hot green pepper can be rendered ("painless" by the removal of the ribs and seeds.

Red paprika not only gives a pleasant taste and color, but also contains vitamins A and C and is beneficial for the digestive system. It is one of the most versatile of spices. For example, before broiling fish or meat, dip it into a mixture of flour and paprika; this will give final texture and superior taste.

If fresh tomato is not available, be careful when you substitute a canned product for it. Tomato paste in excess will produce sweetish taste and ruin the character of most dishes. If fresh tomato and green pepper are not available, 140 g (1 cup) green pepper and 60 g (¼ cup) tomato can be replaced by 100 g (7 tbs.) Hungarian canned lecsó, a mixture of stewed tomato and green pepper.

We recommend mixing the sour cream half-and-half with heavy cream. This will produce a refined flavor but maintain the piquant sourness of the sour cream.

Synthetic food flavoring substances are popular today. The use of these is a matter of preference. In this cookbook they are not even mentioned.

In reference to the fish dishes: almost any kind of fish can be used in our recipes. After all, there is not much chance that Hungarian fish is available. So substitute white-meat fish for pike (fogas) or trout, and dark-meat fish for carp or sturgeon.



The thickening agent for most Hungarian soups and vegetables is browned roux. Roux is used not only for thickening but also to add a characteristic flavor to some of the dishes. The use of a roux is also important if you want to use water-soluble vitamins and minerals which are leached from the vegetables and discarded with the cooking water when vegetables are just boiled in the French or English manner cooking. When a roux is used, the nourishing stock is thickened and served with the vegetables.

The roux is prepared by mixing flour into the hot, but not burning hot shortening: use lard or butter for purpose. The flour is browned over moderate heat while it is constantly stirred for a few seconds for a white roux, for a few minutes for a light or rose colored roux, and if the recipe calls for a dark or brown roux, the addition of a small amount of sugar and longer cooking time will produce the dark brown color. When the roux has reached the proper color, add required liquid (water, milk, consommé, a stock from the vegetables) cold to the hot roux; stir it until it has a smooth texture, then add it to the food being prepared.

Before the liquid is added to the roux a variety of spices and herbs could also be added and browned together. For example, in the preparation of a light roux for tender green peas, one can add parsley or red paprika or dill; in the case of a light brown roux for fresh bean soup, the addition of finely chopped onion, a small amount of garlic or paprika is recommended. Savoy cabbage requires a darker brown roux; onion garlic or paprika will flavor it nicely. With squash (vegetable marrow) we use a light roux and the dominant herb is dill, but a small amount of finely chopped onion will enhance the flavor. For green beans, the primary flavoring of the light brown roux comes from garlic, but parsley and paprika can also be added.

Don't use too much flour in the roux, rather less than more. The liquids should barely cover the vegetables. Otherwise you will get an unappetizing glue-like substance with some vegetables floating in it. If you find before serving that the sauce is too thick, a small amount of water, milk or another liquid can be used to thin it. If, on the other hand, the sauce is too thin, mix flour with cold sour cream and add it to the sauce and vegetables. It will correct the consistency of the thin sauce.



How to fry onion and use paprika? Chop the recommended quantity of onion very fine, and then sauté it in the premelted lard (shortening). After sautéing, brown the onion to the color required for the dish being prepared. It requires some practice to get the proper color of the onion consistently. Because different onions contain different amounts of water, timing is not very practical. You must use your judgement, but the taste of the dish depends considerably on the color of the fried onion.

The color of the finished onions could be blanched or translucent, pale yellow, golden yellow or light browned. When the proper color is reached, the heat must be turned as low as possible; then immediately stir in the paprika, add the heat or vegetable, salt, and keep on stirring and browning. This process will take 3 to 4 minutes. Do not shorten this time; typical taste of pörkölt comes from this method of roasting. (Roasted meat is not exactly the same as pörkölt, because the different technique is used in the browning of the meat.) Do not try to speed up the browning process by overheating the shortening: the paprika will acquire a dark color and will be bitter to the taste. While stirring the browned meat, add a small amount of water or some other liquid as necessary. This will also govern the temperature of the dish being prepared.



In the following recipes all ingredients are for 6 persons.

SOUPS

The recipes are for 3-4 dl (1¼-1¾ cups) portions per person. This is suitable for a 2-3-course meal. If soup is used as a main course the quantities should be increased accordingly. If the soup is only an appetizer, served in cups, the quantities of the ingredients should be reduced, and chopped more finely to make the serving and eating more convenient. Serving Gulyás or Fisherman's soup in individual or family size bogrács (small, round metal pots with handles shaped like cauldron) gives an authentic air to the table setting.

Whenever possible, use stock instead of water in the preparation of vegetables, gravy, sauce and soup; it gives a superior flavor. To prepare the stock use veal or beef bones, wash the well, cover them with cold water in a large pot, and slowly simmer for 2 hours, then add soup vegetables and spices. (In the absence of stock, bouillon cubes may be used.)

Eccovi la portata più famosa della cucina ungherese, un pasto molto caratteristico e conosciuto in tutto il mondo, potremmo quasi dire che sia il piatto ungherese per antonomasia. Pertanto si tratta di una ottima pietanza che piace moltissimo ai buongustai, anche se all'estero forse vi servono delle cose stranissime denominate in tal modo. Diciamolo quindi sin dall'inizio che il gulash è un brodo, od una zuppa che però per la sua ricchezza e consistenza molte volte serve da piatto unico seguito magari da qualche dolce o dessert più sostanzioso. Infatti si tratta di una zuppa fatta dai mandriani (Gulyás infatti significa mandriano) che quasi tutto l'anno stavano lontani da casa nella Grande Pianura, dove facevano pascolare la mandria che poi, anticamente, veniva esportata all'estero "a piedi", infatti i mandriani la conducevano in terre lontane all'epoca in cui non esistevano i mezzi di locomozione moderni e giungevano fino in Austria, in Italia, ecc. Mentre la mandria pascolava o mentre, strada facendo, si fermavano appendevano sopra un bel fuoco all'aperto il paiolo e vi cucinavano questo pasto gustosissimo.

There are two very Hungarian soups, Gulyás and Fisherman's soup, and their variants.



Bográcsgulyás

Gulash in paiolo

1 kg (2½ lb.) beef, 80 g (5 tbs.) lard
300 g (1¾ cups) onion
20 g (4 tsp.) paprika, salt, caraway seeds, garlic
1 kg (2½ lb.) potato
140 g (1 cup) green pepper
60 g (1 small) fresh tomato
6 portions of soup pasta
500 g di fusone, capello del prete o brione, 8 cl d'olio, 2 etti di cipolle, 1 spicchio d'aglio, 600 g di patate, 1 etto di peperoni verdi, 80 g di pomodori, paprica dolce, sale

Use meat rich in the gelatin (shin-beef, blade or neck). Cube the meat into 1½-2 cm (½-¾ in) pieces. Fry the chopped onion in the melted lard (shortening) until it is golden yellow. Lower the heat, then add the paprika, stir it rapidly, add the meat, keep on stirring, and add salt. When the meat is brown and all the liquid is evaporated, add the caraway seeds, finely chopped garlic and a small amount of cold water, cover and braise the meat slowly. Stir it occasionally and add small quantities of water if necessary.

The meat should be braised, not boiled. While the meat is cooking, cube potatoes, green pepper and tomatoes into pieces 1cm (1/3 in) in size and prepare the dough for the soup pasta (csipetke). Just before the meat is completely tender, reduce the pan juices add the cubed potatoes, let them brown slightly, add the stock, green pepper and tomato. When the potato is almost cooked and the soup is ready to be served, add the pasta (csipetke), and adjust the quantity by the addition of stock or water.

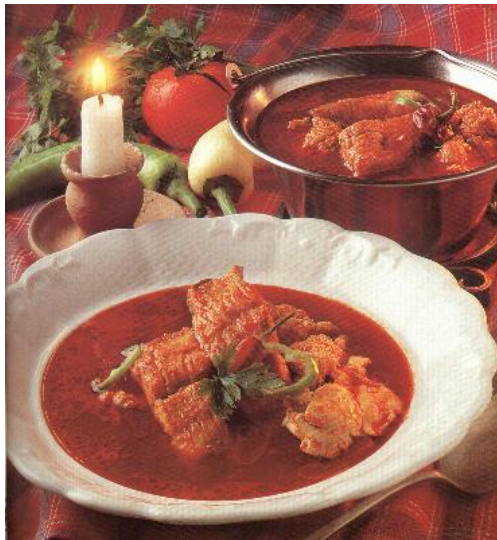
Tagliate la carne a dadi od a piccole fette. In un recipiente abbastanza capiente riscaldate dell'olio e rosolate la cipolla tagliata fine. Togliete dal fuoco il recipiente, cospargete di paprica, allungate con un po' di acqua e rimettendo sul fuoco fate cuocere finché avrà consumato tutta l'acqua. Ora mettetevi la carne già lavata ed asciugata, salate, mescolate e fate cuocere a fuoco moderato, sotto coperchio. Quando anche il sugo della carne sarà consumato aggiungete l'aglio schiacciato ed il cumino in polveree mescolate. Continuate la cottura allungando sempre solo con un po' d'acqua perché la carne dovrà brasarsi sempre in un sugo ristretto. Intanto tagliate le patate pelate a dadi uguali di circa 1x1 cm per lato e tenetele in acqua fredda prima di utilizzarle. Tagliate a pezzi uguali pure i peperoni ed i pomodori. Fate una pasta piuttosto dura della farina e dell'uovo e tenendo le mani sempre infarinate strappate dalla palla di pasta dei pezzettini grandi come un chicco di riso. Cuocete la pasta in acqua salata, scolatela e risciacquatela con acqua fredda, poi mettetela da parte. Quando la carne è già quasi completamente tenera consumatene il sugo ed aggiungete le patate ed il peperone preperati precedentemente. Mescolate e rosolate il tutto insieme per qualche attimo, poi allungate con circa 1 l di acqua e continuate a cuocere a fuoco moderato. Quando bolle aggiungete il pomodoro e continuate la cottura finché le patate e la carne saranno tenere. Ora aggiungete anche la pasta e fate cuocere per qualche attimo. Se necessario si può salare ancora un po' e chi desidera avere un brodo piccante potrà aggiungere anche della paprica piccante, quei famosi peperoncini seccati che servono da ornamento nei locali caratteristici, ma che sono anche ottimi per insaporire i cibi all'ungherese.

Fisherman's soup

Brodetto di Szeged (zuppa di pesce)

2 kg (4½lb) carp (live if possible)
250 g (2 cups) onion, salt
150 g (1 cup) green peppers
70 g (1 medium) tomato
30 g (2 lbs.) paprika
500 g di filetti di carpa, 500 g di filetti di luccio, 500 g di filetti di siluro, 800 g di ossi di pesce misti (pinne, spine dorsali, ecc.), 250 g di cipolle, 80 g di peperoni verdi, 50 g di pomodori, sale e paprica
Rózsa

This is famous soup, which has just as many variations as Gulyás soup. It is a perennial favorite with tourists and Hungarian alike. The secret of good Fisherman's soup is in the preparation of the Court Bouillon. Use fresh heads, bones, skin, and fins. Boil the fish trimmings in 2 l (2 qt) of water with onion, salt, a few green peppers (optional) and a tomato for 1-1½ hours. (This dish can also be prepared from smaller, less expensive fish.)



Clean the fish and remove all entrails, making sure that the gall bladder is removed intact; it would make the soup inedible. Fillet the fish; even the skin may be removed. The edge of the thicker part of the fillet should be scored heavily. The fillet will be almost boneless if it is properly removed from the spine. Cut the fillets into two finger-thick slices, place them in a bowl with the roe and coral, salt and refrigerate. Prepare the Court Bouillon as described above. This can be done a day before the soup will be on the menu. When ready, strain it; the soup will be tastier if as many vegetable as possible are puréed and strained and then added to the soup. Heat the Court Bouillon to boiling point, then add the paprika. 10 minutes before serving add the sliced fillet, the roe and coral.

A smooth, elegant Hungarian white wine goes best with Fisherman's soup.

Pulite il pesce e tagliate i filetti a fette di circa 60-80 g l'una, salate ed assieme alle interiora da usare e le teste mettete nel frigo. Ora lavate bene le teste e gli ossi del pesce e mettete in una casseruola versandovi acqua fredda per coprire appena. Salate ed aggiungete anche le cipolle tagliate a pezzetti. Cuocete a fuoco vivo finché le teste e gli ossi saranno tenerissimi. Ora togliete dal fuoco e filtrate con un colino finissimo versando in un'altra casseruola, così vi risulterà un brodo denso e sostanzioso. Fate bollire questo brodo, cospargete di paprica, se vi pare aggiungete anche della paprica piccante o peperoncini rossi secchi. Ponete ora nel brodo le fette di pesce già preparate e le interiora (le uova di pesce ed il cosiddetto latte) nonché il peperone ed i pomodori. Fate cuocere a fuoco moderato per altri 10-12 minuti circa, finché le fette di pesce saranno cotte. Attenti a non mescolare durante la cottura, perché le fette di pesce potrebbero rompersi. Servite appena cotto ed ancora bollente e cercate di dividere i pesci e le interiora in modo uguale.

Palóc Soup

Zuppa Palóc

<p>400 g ($\frac{3}{4}$-lb) mutton (preferably shoulder-blade), 120 g (1 cup) onion 60 g ($\frac{1}{4}$ cup) lard 10 g (2 tsp.) paprika 350 g ($\frac{3}{4}$ lb.) potatoes 250 g (1 $\frac{2}{3}$ cups) fresh green beans 2 dl ($\frac{7}{8}$ cup) sour cream 20 g ($\frac{1}{4}$ cup) flour, salt, garlic, caraway seeds, bay leaf, dill</p> <p>320 g di carré di agnello od abbacchio, 1 dl di olio, 120 g di cipolla, 2 foglie di lauro, 1 spicchio d'aglio, 200 g di fagiolini verdi, 300 g di patate, 30 g farina, 1,2 l di brodo di osso, 1 mazzetto di prezzemolo, 1 dl di panna acida, paprica dolce, pepe macinato, cumino, sale quanto basta</p>
--

Cut the meat into 1 cm ($\frac{1}{2}$ in) cubes and using the list of ingredients prepare a stew (pörkölt). While the pörkölt is cooking, cut the potatoes into small cubes, cut the green beans into strips about 2 cm (1 in) long. Cook both the potatoes and green beans, preferably in two separate pots, in salted water.

When the meat is cooked, add to it the cooked potatoes and green beans with their cooking stock. This should give you about 2 l (2 qt) of soup; if necessary, add more stock of water. Mix the flour with the sour cream and thicken the boiling soup with it. Finally, add a finely chopped sprig of dill. The soup can be made more piquant by the use of a small amount of lemon juice or tarragon vinegar.

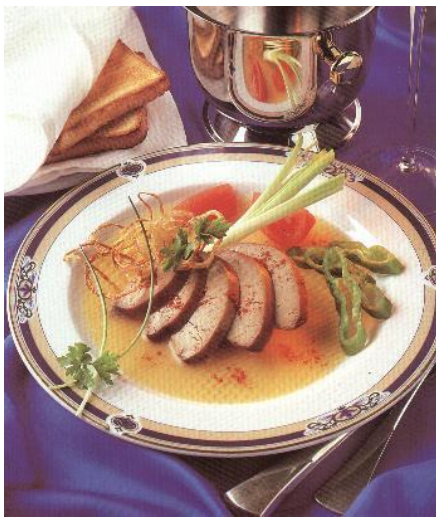
Tagliate a pezzi uguali la carne di pecora od abbacchio, lavate e lasciate sgocciolare in un colino. In una casseruola intanto riscaldate un po' di olio e rosolatevi la cipolla tagliata fine finché avrà acquistato un bel color dorato, cospargete di paprica ed immediatamente aggiungete dell'acqua fredda. Quando l'acqua si sarà consumata ponete la carne nella casseruola assieme alle foglie di lauro ed al cumino, salate e mettetevi anche l'aglio schiacciato. Ora lasciate cuocere lentamente la carne con solo un coperchio, versando sempre solo poca acqua. Intanto in un altro recipiente cuocerete in acqua leggermente salata i fagiolini tagliati a pezzi uguali e le patate tagliate a cubetti. Fate un soffritto chiaro di olio e farina. Allungate la zuppa di carne con il brodo di ossi o con acqua e quando bolle aggiungetevi i fagiolini e le patate cotte. Ora fate addensare il tutto con il soffritto ed aggiungete anche la panna acida precedentemente mescolate perché sia liscia. Dopo 2-3 minuti di cottura lenta togliete dal fuoco e cospargete di prezzemolo tritato fine e servite la zuppa bollente.

APPETIZERS

Goose liver in goose fat

Fegato d'oca freddo servito nel proprio grasso

1 kg (2½ lb.) goose liver
150 g (¾ cup) goose fat or lard,
salt, peppercorns, 5 g (1 tsp.) paprika
80 g (1 medium) onion; 1 dl (½ cup) white wine
1-2 green peppers and tomatoes
1 kg di fegato d'oca,
un etto di margarina da cucina,
un po' di sale, pepe in grani, paprica dolce
80 g di cipolla; 1 dl di vino bianco
1-2 paprica verde e pomodoro



Soak the liver in milk for an hour. Heat up the goose fat or lard and brown the salted liver, then add the peppercorns and sliced onion. When the onion starts to brown, add a small amount of wine and water. Cover the pan, lower the heat and simmer the liver. If necessary, add more wine and water. When the liver is cooked through, remove the cover and place the dish into the preheated oven (medium hot). While baking the liver, turn and baste often, until all sides are pink-colored, but do not dry it out. Place the liver on a plate and refrigerate until well chilled. Slice the liver with a sharp knife dipped in hot water to facilitate slicing. Use the fried onion rings as decoration on the slice of liver. Heat up the dripping, add the paprika, and strain it on top of the liver. Chill again. Decorate the edge of the platter with slices of tomatoes and green pepper. Serve with baked potatoes.

Some people like to prepare the liver with garlic. However, it is more practical to serve toast and peeled garlic cloves with the liver, so people who like the taste of garlic can rub their toast with the garlic cloves. The leftover dripping makes a tasty base for sandwiches.

Togliete la pellicola sottile dal fegato d'oca fresco e non grasso. Lasciatelo riposare per un'oretta in acqua fredda e salata, poi toglietelo dall'acqua ed asciugatelo con un tovagliolo pulito. Dopodiché ponete il fegato in una casseruola di adeguata dimensione, aggiungete il grasso, la cipolla tagliata a fette, aggiungete anche del pepe in grani e dopo aver versato un po' di acqua copritelo con un coperchio e mettetelo nel forno non troppo caldo per brasarlo. Attenti a non lasciare crudo l'interno del fegato, ma non cuocetelo troppo a lungo perché s'indurisce. Per prova introducete un ago da cucina sottile nel fegato, se lo ritirate pulito, il fegato è pronto, lo potete togliere dal forno. Ora togliete con una spatola o mestolo il fegato grasso. Ponetelo delicatamente su un tagliere di legno, ma attenti a non romperlo! Cospargetelo di un po' di sale e paprica dolce e lasciatelo raffreddare. Nel frattempo aggiungete un po' di paprica anche al grasso per dargli un bel color rosa e poi passatelo dal colino o setaccio. Quando il fegato è raffreddato tagliatelo a fettine sottili con un coltello affilatissimo e ricomponendolo alla forma originale collocatelo in un bel piatto di vetro. Versateci intorno il grasso filtrato e fatelo ancora raffreddare nel frigo. Si serve decorato di fettine di pomodoro e peperone verde assieme a crostini di pane.

Pancakes Hortobágy

Crêpes alla Hortobágy con ripieno di carne

12 savory pancakes

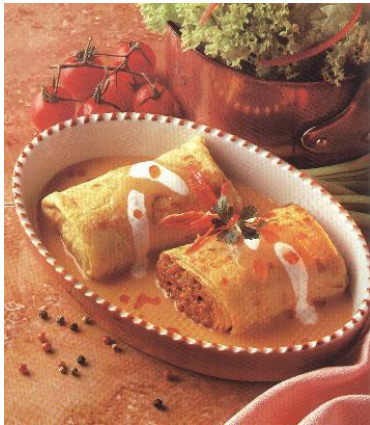
750 g (3¼ cups) veal (or chicken) stew
(pörkölt)

½ dl (¼ cup) sour cream

20 g (¼ cup) flour

4 dl (1¾ cups) sour cream

120g di cipolla, 5 cl di olio di semi, 500 g di petti
di pollo, un etto di peperoni verdi, 1 pomodoro,
2 decilitri di panna acida, 40 g di farina, 1
decilitro di panna, 8 crêpes, paprica dolce, sale



Prepare pancakes (crepes) but instead of sugar, add some salt. Prepare the veal stew using 750 g (3¼ cups) of meat. When the meat is tender, remove it from the sauce and chop it up finely. Add one third of the sauce to the chopped meat and add the sour cream; cool this until the consistency is pasty. Divide this paste and place it on each pancake, fold two edges over the filling, then roll up. Mix the flour and sour cream into the sauce and bring it to a boil. Strain the sauce over the filled pancakes. (If necessary, reheat the pancakes in the oven before adding the sauce.) Instead of veal, chicken pörkölt can also be used for filling this pancakes or crepes, which are called "palacsinta" in Hungarian.

Mettete a friggere in una casseruola un po' di olio rosolandovi la cipolla finché avrà un bel color dorato. Togliete la casseruola dal fuoco e cospargete di paprica dolce, mescolatevi immediatamente un po' di acqua e salate leggermente. Cuocete sotto coperchio finché l'acqua sarà evaporata. Ora aggiungete i petti di pollo precedentemente lavati e continuate a stufare sotto coperchio il tutto. Quando la carne è già quasi cotta, aggiungete il peperone verde tagliato a pezzetti ed il pomodoro e continuate la cottura finché la carne diventa tenera.

Ora togliete la carne da questo sugo, disossatela e passatela per il tritacarne. Intanto mescolate la farina alla panna acida ed aggiungete la pastella alla salsa che così diventerà vellutata e densa. Aggiungete anche un po' di panna e fate bollire per qualche secondo. Ora togliete dal fuoco la salsa e passandorla per un colino versatela sul petto di pollo tritato. Aggiungete tanta salsa da avere un ripieno abbastanza liquido, spalmabile. Se necessario aggiungete sale. Ora preparate delle crêpes salate e mettete nel centro di ognuna una bella cucchiata di ripieno. Piegando da tutti e quattro i lati l'orlo delle crêpes sul ripieno formate dei piccoli involtini a forma di cilindro chiusi alle due estremità. Disponete gli involtini sul piatto per servire, versatevi sopra il resto della salsa papricata e ornando il piatto con fettine di pomodoro e peperone verde servite caldissimo.

MEAT DISHES

"Pörkölt" - stew with buttered noodle

100 g (7 tbs.) lard or shortening
120 g (½ cup) chopped onion
1 kg (2 lb.) boneless meat
salt, red pepper, green pepper, 1 medium tomato

This typical product of the Hungarian kitchen is similar to the French ragout. The most often used cuts are the juicy neck, breast, blade or hocks, but other slightly bony cuts may also be used. A "pörkölt's" sauce is not thickened. It should be flavourful and just barely cover the meat. The preparation of the different types of pörkölt is very similar, but the ratio of ingredients varies somewhat, also the flavoring agents vary.

The boneless meat should be cut into 2-3 cm cubes. If the meat is on the bone, each piece should weigh about 40-50 g (1,5-2 oz). Onion should be just wilted in lard for beef, mutton or game pörkölt. For any other type of pörkölt, fry the onions to a light yellow colour. Reduce the heat, add the paprika, stir then add the meat and salt. When the meat is well browned, add a small amount of water, spices and herbs. Cover the pot and simmer the pörkölt. Stir occasionally. If necessary, add more liquid, but very sparingly. Do not boil the meat. When the meat begins to soften, add the green pepper and tomatoes cut into cubes, and simmer until the meat is tender. Serve with "galushka" (buttered noodle).

To prepare "galushka" shift a half a kg (1 lb.) of flour into a large bowl. Make a hollow in the middle of the flour, crack 2 eggs into the hollow and add salt and water in small portions while you beat the flour, eggs, and water with a wooden spoon into semi-soft dough. (The dough should easily come off the spoon. Boil 3 liter of salted water in a large pot. Heat the lard in another saucepan. Use a galushka maker (a metal plate with several holes on it) and a wooden spoon to produce the small dumplings by pressing them through the holes and fell them into the boiling water. As they come to the surface of the water, they are ready. Take them out and put them into the pan with lard.

Veal (chicken) Paprikás

100 g (7 tbs.) lard or shortening
120 g (½ cup) chopped onion
red pepper, green pepper, salt
1 kg (2 lb.) boneless veal (chicken), 1 medium tomato (fresh)
20 g (¼ cup) flour, 3 dl (1¼ cup) sour cream



The preparation is very similar to that of the "pörkölt". The difference is that the quantity of lard, onion and paprika is reduced. Paprikás has more gravy than pörkölt. The onion should be slightly browned to a light yellow color. The major difference comes when the meat is all done, mix the flour and sour cream together and thicken the gravy of the paprikás with the mixture while you shake the pot. The preferred accompaniment is galushka (buttered noodle).

Stuffed green peppers

For tomato sauce:

100 g (2/3 cup) mixed vegetables, 80 g (6 tbs.) lard
60 g (1/3 cup) chopped onion celery,
60 g (1/2 cup) flour, 1.6 kg (3 1/4 lb.) tomatoes or 350 g (1 1/2 cups) puréed tomatoes, salt, sugar, 12 green peppers

For the stuffing:

100 g (1/2 cup) rice, 10 g (2 tsp.) lard (or shortening), 50 g (1/3 cup) onion 30 g (2 tbs.) lard, salt, 600 g (5 1/2 cups) ground pork, 1 1/2 eggs, salt, small amount of garlic, pepper, parsley

Sauté the mixed vegetables, onion and celery in the lard, sprinkle flour over it and lightly brown. Add the puréed tomatoes, stock or water and spices. Simmer for an hour. Strain the sauce, adjusting the flavoring if necessary. This tomato sauce should be thick and sweet. Select green peppers all about the same size. Cut the tops off and remove the seeds. If the green peppers are not hot, scrape out the ribs. If they are very hot, scalding may help. The stuffing is prepared without bacon and paprika. A small amount of marjoram may be added to the stuffing. Mix the stuffing well and fill each green pepper; do not try to overstuff them. Place the stuffed green peppers in a layer. Pour the tomato sauce over the stuffed green peppers. Cover the pot and cook over a low heat. Shake a pot from time to time. Serve with parsley potatoes.

Stuffed green pepper variations: instead of tomato sauce, dill sauce may be used, can stuff the green peppers with rice mixed with chopped ham, eggs or green peas. (Make the sauce by preparing a roux, adding the chopped dill, diluting with cold liquid and adding sour cream.)

Stuffed Cabbage Crauti ripieni

For the stuffing:

100 g (1/2 cup) rice, 10 g (1 tbs.) lard or shortening; 60 g (1/4 cup) lard, salt, stock or soup, 100 g (3/4 cup) onion, 500 g (2 1/4 cups) boneless pork chopped, 120 g (4 slices) smoked bacon, 2 eggs, pinch of salt garlic, pepper, marjoram, paprika

For the cabbage:

1.2 kg (5 cups) sauerkraut, 12 small cabbage leaves, 200 g (7 oz) smoked meat, 6 g (1 1/2 tsp.) paprika, garlic, pepper 30 g (2 tbs.) lard, 20 g (1/4 cup) flour, 20 g (3 tbs.) chopped onion, 1 1/4 tsp. paprika

To thicken:

10 g (2 tbs.) flour, 3dl (1 1/4 cups) sour cream

350 g di carne di maiale macinata, mezzo etto di riso, 1 dl di olio, 100 g di cipolle, 2 spicchi d'aglio, 1 uovo, 8 foglie intere di crauti, mezzo chilo di crauti, 100 g di pancetta affumicata, 2 foglie di lauro, 200 g di carne affumicata, mezzo mazzeto di aneto, 2 dl di panna acida, 30 g di farina paprica dolce, pepe macinato, sale, cumino e pepe in grani

Heat 10 g (2 tsp.) of lard; add the rice, and an equal volume of water (to each cup of rice, one-cup water). Add the salt and simmer the rice covered until partially cooked. Sauté the finely chopped onion to a light brown color.

When the rice cools down, add it to the chopped meat. Also mix into the meat the bacon cut into small pieces, 1½ eggs and spices.

Prepare the sauerkraut. Remove the heavy ribs from the cabbage leaves; they will be more flexible this way. Place equal amounts of the chopped meat mixture on the cabbage leaves. Fold the sides of each leaf over the stuffing and roll the leaves into a cylindrical shape. Fold under the two ends of the rolls with your fingers.

Spread two-thirds of the sauerkraut on the bottom of a large pot. Place the stuffed cabbages on the sauerkraut in a single layer; place the smoked meat pieces over the stuffed cabbages, then cover the meat with the leftover sauerkraut. Brown the onion lightly in the lard, add paprika, then pour it over the sauerkraut. Add enough water or stock to almost cover the sauerkraut. Add a small amount of chopped garlic and pepper. Cover the pot and let simmer for 1-1½ hours over medium heat. Add more water as needed. Remove the stuffed cabbages to a plate and keep them warm. Prepare a light roux with the onion, lard, paprika and flour. Thicken the sauerkraut with the roux and the flour and sour cream mixture. Bring it to a full boil. Place the stuffed cabbages back on the sauerkraut and serve. You can pour some sour cream over the stuffed cabbage before serving.

Cuocete a metà il riso e fatelo raffreddare. In una casseruola intanto riscaldate dell'olio, rosolate la cipolla sminuzzata ed anche l'aglio schiacciato. Mettete in una terrina la carne macinata, aggiungete il riso semi cotto, la cipolla e l'aglio rosolati, cospargete di paprica, pepe in polvere e sale. Infine aggiungete anche l'uovo intero e mescolate questo composto amalgamandolo molto bene. Stendete ora le foglie di crauti, tagliate le parti troppo grosse del gambo o delle nervature per poterle piegare facilmente. Disponete la farcia sulle foglie ed avvolgetele in rotoli uguali, e ripiegate le estremità chiudendo così gli involtini. Prendete ora una casseruola abbastanza grande e fonda, versatevi l'olio e fate rosolare, mescolando continuamente, la pancetta affumicata tagliata a cubetti. Aggiungete la cipolla tagliata finemente, cospargete con un po' di cumino e mettetevi le foglie di lauro, pepe in grani ed aglio sminuzzato. Cospargete ora anche con la paprica e dopo aver ben mescolato allungate subito con un po' d'acqua. Ora vi metterete i crauti risciacquati in acqua abbondante, la carne affumicata tagliata a pezzi, sulla superficie disponete uno vicino all'altro anche gli involtini farciti. Versate tanta acqua che copra appena il tutto e stufate sotto coperchio a fuoco moderato. Di tanto in tanto scuoterete un po' la casseruola perché non si attacchi, ma attenti a non mescolare. Dopo circa un'ora e mezza toglierete delicatamente gli involtini già cotti ed aggiungerete ai crauti in ebollizione dell'aneto tritato finemente. Intanto amalgamate bene la panna acida e la farina ed aggiungete questa pastella passandola per un colino. Continuate a cuocere a fuoco moderato per altri 4-5 minuti. Mettete ora sul piatto di portata gli involtini, copriteli con i crauti e disponete vicino anche la carne affumicata affettata precedentemente. Prima di servire versate sopra un po' di panna acida e cospargete con un po' di aneto e portate in tavola.

Turkey with Goose Liver and Chestnut Stuffing

600 g (1¼ lb.) chestnuts, 2 dl (¾ cup) red wine,
2 hard rolls, 1½ dl (2/3 cup) heavy cream
1 turkey (3½ kg or 7½ lb.)
180 g (6 slices) bacon, salt, marjoram, nutmeg
300 g (10 oz) stewing veal, 2 eggs, salt, pepper, parsley,
80 g (6 tbs.) butter, 120 g (½ cup) lard, 12 apples
For the goose liver pate:
40 g (¼ cup) onion, 40 g (3 tbs.) lard,
250 g (1 2/3) goose or duck liver,
salt, pepper, cayenne pepper, 15 g (2 tbs.) flour,
1½ dl (2/3 cup) milk, 1 small egg, 1 cl (1 tbs) brandy,
1 dl (7 tbs.) heavy cream

Score the shell of the chestnuts and bake them on a cookie sheet until partially done. Remove both the inside shell and inside skin. Finish cooking the chestnuts in the red wine. They should absorb all the wine by the time they are cooked. Soak the rolls in the sweet cream.



Remove the wings and legs from a young plump turkey. Pull the heavy tendons of drumsticks. Lard the turkey breast and drumsticks with bacon. Sprinkle salt and marjoram in the cavity. Grind the veal and soaked roll together (use a rough grinder); add the egg, minced chestnuts, spices, parsley and melted butter to the veal and roll; mix all together. Stuff the turkey and truss it. Pour some melted lard over the turkey and bake it in a medium hot oven, basting periodically, until tender and nicely browned (about 2 hours).

While the turkey is in the oven, prepare the apples Byard Style and the goose liver purée. When the turkey is done, carefully remove the breast and the breastbone using poultry shears. Discard the bone. Slice the meat diagonally and place it carefully back on the turkey. Decorate it with liver pate pushed through a pastry bag. Reheat the turkey if necessary. Serve with baked potatoes, rice, and applesauce. Stewed prunes or apples.

Hungarian Mixed Grill

For each person:

1 slice 100 g (3½ oz) of pork chop, 60 g (2 oz) veal chop, 60 g (2 oz) sirloin steak, 30 g (1 oz) goose liver slice, and 30 g (1 oz) (1 slice) bacon.



This version of a mixed grill (fatányéros) first appeared on the menu around 1900. But our ancestors too sometimes used a freshly cut wood plank as a platter on which to eat food fried over a campfire.

Today we use a grooved wooden plate, which is often placed over a sliver platter to serve an elegant version of grilled meats. The preparation is very similar to the quick-fried pork lion chops except that a variety of meats are used. For each person prepare 1 slice 100 g (3½ oz) of pork chop, 60 g (2 oz) veal chop, 60 g (2 oz) sirloin steak, 30 g (1 oz) goose liver slice, and 30 g (1 oz) (1 slice) bacon. Score the bacon so it will curl up nicely. Grill all the meat until tender. Place on the decorative platter and top with bacon curls. Offer a small knife decorated with Hungarian motifs, or one that resembles a jack-knife, to each guest.

Steak Esterházy Style

**1 kg (2 lb.) boneless sirloin slices, salt
60 g (1/2 cup) flour, 60 g (1/2 cup) lard
150 g (1 1/4 cup) carrots, 100 g (1/2 cup) parsley root
50 g (1/2 cup) celery
80 g (2/3 cup) onion
100 g lard, salt, pepper, 1 dl wine, peel of one
lemon, 1 bay leaf, 20 g capers, 30 g mustard
20 g (2 1/2 tbs.) flour
3 dl sour cream, lemon juice, sugar, parsley**

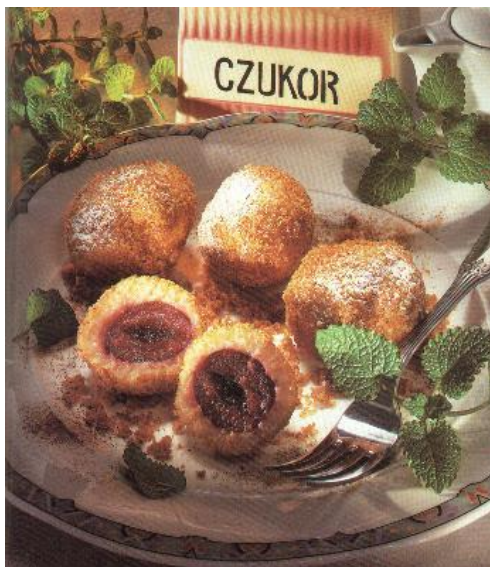
(It was named after the diplomat and politician Prince Pál Antal Esterházy who represented Hungary at the Court of St. James's. He was a member of the Batthány government in 1848, and a member of the Hungarian Academy of Sciences.)

Pre-fry the steaks. Chop the onion finely, add lard to the frying pan and lightly brown the vegetables and onion, add salt and pepper while browning. Add a small amount of stock (or water) and the wine to the vegetables and bring to the boil. Strain over the steaks, reserving the vegetables. Add to the meat the lemon peel, bay leaf, chopped capers and mustard cover and simmer. When the meat is partially cooked, add the vegetables and finish cooking. Remove the lemon peel and bay leaf. Combine the sour cream and flour and stir into the gravy while you shake the pot lightly. Adjust the flavoring with the addition of lemon juice and sugar and bring the dish to boil one more time. On serving, sprinkle chopped parsley over the meat; accompany with galushka dumpling or rice or spaghetti.

DESSERTS

Plum dumplings

**1.2 kg (2 1/2-2 3/4 lb.) potatoes, salt
300 g (2 cups) semolina flour, 20 g (1tbs) lard, 1 large egg
400 g plums (Italian or prune plums), powdered cinnamon
80 g (2/3 cup) confectioner's sugar,
180 g (4 cup) breadcrumbs, 120 g (1/2 cup) lard**



Cook the well-washed potatoes (preferably the kind that falls apart during cooking) in salted water. Peel and mash them while still hot. When the potatoes are partially cooled, add the flour, lard, egg and a pinch of salt and mix into dough to 1/2 cm thick and cut it to 5x5 cm squares. Place a pitted plum in each square, and some cinnamon sugar in the place of the pit. Fold the corners over and form a ball. Place the ball (dumpling) on a floured surface.

In a large saucepan, in which half the dumplings will fit in one layer, boil slightly salted water. Cook the dumplings in the boiling water over moderate heat until they come to the surface. (10-15 min.). Meanwhile lightly brown the breadcrumbs in the lard. Remove the dumplings from the water with a slotted spoon, let drain, then roll in the breadcrumbs. Sprinkle cinnamon and sugar over the dumplings and serve immediately. Instead of plums, prune jam or apricot halves can also be used to fill the dumplings.

Strudel Dough

**350 g (3 cups) flour, 25 g (2 tbs.) lard
1 large or 2 small egg yolk, 10 g lard, vinegar
10 g lard to grease the pan, 30 g lard to sprinkle on,
30 g (1/4 cup) confectioner sugar**



Strudel can be made only from flour, which has high gluten content. Sift the flour onto a board. Make a depression in the center and in it place the lard, egg yolk, a few drops of vinegar and enough salted lukewarm water to make a fairly soft dough. Work the dough until it peels off the board and starts to blister. Form the dough into a ball, grease lightly, place into a preheated bowl, cover the bowl and let the dough rest in warm place for at least 20-25 minutes. Meanwhile prepare one of the strudel fillings.

Cover a table, about 140x70-cm size, with a clean tablecloth. (you must be able to walk around the table) Place the dough in the center, clench your fists and place them under the dough, pulling the dough with your closed fists. The dough will stretch out evenly. Flour your fingers, walk around the table and stretch the dough by lifting and waving the edges. Be careful. Do it evenly so the very thin dough layer will not rip. If the edges of the dough sheet are thicker than the rest, remove it and reuse it after a resting period, stretching it as just described. If the dough will not stretch or rips, the fault is in the flour (or you need more practice). The dough sheet should cover the whole table and hang over. Most city stores today sell ready made strudel dough, which eliminates the tedious process of making your own. Let the dough dry for a few minutes, but not too long, otherwise it will become brittle. Sprinkle it with melted lard. The filling can be applied by two methods:

- 1./ Place the filling in strips about 10 cm apart, working lengthwise
- 2./ Evenly spread out the filling, leaving a 10-15 cm empty border.

We suggest using method 1 for cottage cheese or cabbage fillings, and method 2 for all other kind of fillings. When the filling is distributed, fold the edges over the filling and with the help of the tablecloth, roll up the strudel. Grease a cookie sheet, and cut the strudel to fit the cookie sheet lengthwise. Do not crowd the strudel rolls too tightly on the sheet. Sprinkle the top with melted lard and bake the strudels in a medium hot oven to a crisp light brown colour. Sprinkle confectioner's sugar over the strudel with the exception of cabbage strudel. Cut the strudel at an angle to get nice slices.

Fruit filling:

For apple strudel, winesnap apples are the best, definite use a tart apple. Peel and grate the apples. Sprinkle the breadcrumbs on the strudel dough, next add the grated apples evenly, follow it with the ground walnuts, raisins, sugar to taste, and cinnamon. Roll it up fairly tightly and bake it. Other often-used fruit fillings are pitted cherries, sour cherries or a mixture of the two. Pitted plums are also used. With these fruits omit raisins. If not too-ripe strawberries are used, increase the amount of breadcrumbs in the recipe.

Sponge Cake Somló Style

For topping:

100 g (1 cup) walnuts, 80 g (1/2 cup) raisins, 1 dl rum

For the sponge cake:

8 eggs 160 g (1 1/2 cup) flour, 160 g (3/4 cup) sugar, 40 g walnuts, 20 g cocoa

For the vanilla cream:

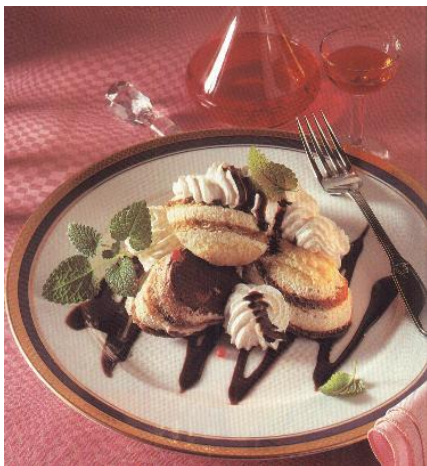
4 egg yolks, 30 g (1/4 cup) flour, 100 g (1/2 cup) sugar, 1/2 dl milk, 1 vanilla bean (pod)

For the syrup:

200 g (1 cup) sugar, 1/3 dl water, 15 cl rum, lemon or orange peel, 20 g cocoa, 80 g raspberry or apricot jam, 300 g sweet cream, 3 portions chocolate syrup

Soak the raisins in the rum and grind the walnuts a day ahead of time. To prepare the sponge cake: beat the egg whites in the mixing bowl, slowly add sugar, beat it until stiff, stir in the egg yolks, then the flour. Divide the dough into 3 parts, into the first 1/3 mix in 40-g ground walnuts, into the second 1/3 mix in the cocoa, the third portion remains plain sponge cake. Bake the ginger-thick cake layers in a steam-free medium hot oven.

For the vanilla cream: scald the milk with the vanilla bean, add the egg yolks, sugar and flour, and to be on the safe side, add a small amount of gelatin.



For the syrup: cook the sugar for 15 minutes in the water, which is flavored with lemon and orange peel. When the syrup is cool, add the rum. To assemble the cake, the bottom layer is the walnut flavored sponge cake. Sprinkle it with 1/3 of syrup, spread 1/3 of the walnuts and raisins over it and 1/3 of the vanilla cream over the walnuts. The middle layer is the cocoa flavored sponge cake, then repeat the filling process. The top is the plain sponge cake, which is sprinkled with rum, and then the jam is spread over it before the vanilla cream is added. Sprinkle the top with cocoa. Refrigerate the cake for a few hours.

Serving can be either by cutting the cake into squares and placing the squares on individual glass dishes or by scooping tablespoon size dumplings out of the cake. Top the cake with whipped cream and with thick chocolate syrup.

Crepes

Simple crepes (9-12 pieces)

2 eggs, 2 dl milk,

240 g (1 1/2 cups) semolina flour

2 dl milk or soda water salt or sugar (optional)

100 g (1/2 cup) lard

To obtain a very thin crepe mix the cold milk and eggs with a wire whisk slowly add the flour and keep on mixing. When the dough is very smooth, add more milk or soda water until a cream-like consistency is obtained. If you wish to use a salty filling, add a pinch of salt to the dough. If sweet filling is used, 10 g (1 tbs.) of sugar could be added, but this will increase the risk of the crepe sticking to the pan. If the filling is sweet enough, don't add sugar to the dough.

Melt the lard in a small saucepan. Heat a well-cleaned crepe pan. Add 1/2 tbs. of lard to the crepe pan and swirl to coat the pan. Pour the rest of the lard back into the saucepan. Pour about 1 dl dough into the hot crepe pan, swirl it around, fry over high heat, shaking the pan all the time. The dough should separate from the pan. Fry for 5 seconds longer, then turn and fry the other side. If the crepe breaks or doesn't stay together, add an egg or flour to the mix. Stir the mixture before adding it to the hot crepe pan, otherwise the flour might settle out. If the crepe sticks to the pan the reason could be:

- 1./ too much sugar
- 2./ either the pan or the lard was not hot enough
- 3./ the quantity of the lard was inadequate
- 4./ the crepe pan was not properly cleaned before or during the crepe making
- 5./ you need more practice

Crepes Gundel Style

12 simple crepes,

For the filling:

1 1/2 dl rum, 40 g raisins, 20 g candied orange peel, 180 g chopped walnuts, 1 dl heavy cream,

120 g sugar, powdered cinnamon

50 g butter for browning

For the chocolate syrup:

2 1/2 dl milk, vanilla, 30 g sugar, 100 g chocolate, 1 1/2 dl heavy cream, 3 egg yolks, 80-100 g sugar, 50 g cocoa, 15 g flour, 5 cl milk

This is one of the most treasured creations of Károly Gundel. Unfortunately, the recipe is not followed faithfully in most places, including some of the Hungarian restaurants. Flambéing crepes can be a showstopper, but the process eliminates the necessary intense rum flavour from the walnut filling and chocolate syrup.



Soak the raisins and finely slivered orange peels in rum for 24 hours. Grate the walnuts, but not too finely. Bring the cream to a boil, add the sugar, nut, drained raisins, a pinch of cinnamon, and the orange peel and cook it into a paste. If necessary add a little milk. Let the mixture cool partially and add half the rum. Make crepes. Place the filling in a line on each crepe and roll it up. Keep the crepes warm.

For the sauce: boil the milk with the vanilla. Melt the chocolate in a small dish in the oven. Whip the heavy cream. With a wire whisk mix the flour and cocoa add the cold milk and whip it until it is smooth and foamy. Mix the melted chocolate, slowly whisk in the hot milk and heat to the boiling point, but do not allow to boil. Remove

from the heat and stir until it cools down somewhat. Carefully fold in the whipped cream and the remaining rum. The syrup should not be too sweet. Some confectioner's sugar can be added if the chocolate is not sweet enough.

Brown the filled crepes in butter on both sides until they become crisp. Place them on a pre-heated flameproof platter; pour chocolate syrup over the crepes at the last minutes before serving.

Verdure e specie	Zöldségfélék és fűszernövények	Vegetables and Herbs
la verdura	zöldség	vegetable
le spezie solo	fűszernövény	herb
A: verdure	A: zöldségfélék	A: vegetables
il pomodoro	paradicsom	tomato, -toes
il peperone	paprika	green pepper
il peperoncino	csili(paprika)	chilli
la patata	burgonya	potato
il ravanello	reték	radish
un mazzo di ravanelli	egy csomag reték	a bunch of radishes
la carotta	sárgarépa	carrots
la radice del prezzemolo	fehértarépa	turnip
il prezzemolo	petrezselyem(zöldje)	parsley
il sedano	zeller	celery
la bietola	cékla	beetroot
la cipolla	vöröshagyma	onion
il porro	póréhagyma	leek
l'erba cipollina	snidling, metélőhagyma	chives
l'aglio	fokhagyma	garlic
lo spicchio d'aglio	fokhagymagerezd	a clove of garlic
il fagiolo	bab	beans
il pisello	borsó	peas
il baccello	borsóhüvely	pod
il seme del pisello	borsószem	a pea
il cavolfiere	karfiol	cauliflower
il cavalo rapa	karalábé	kohlrabi
il cavalo bianco -chi	fehér káposzta	cabbage
il cavalo rosso	vörös káposzta	cabbage
i cavoletti di Bruxelles	kelbimbó	brussels sprouts
la zucca, -che	tök	marrow, squash, pumpkin
il cetriolo	uborka	cucumber
lo spinaccio	spenót	spinach
il fungo, -ghi	gomba	mushroom
il carciofo	articsóka	artichoke
la lattuga, -ghe	fejes saláta	lettuce
la melanzana	padlizsán	aubergine, eggplant
l'asparago, -gi	spárga	asparagus
B: spezie	fűszernövények	herbs
la foglia d'alloro, laurea	babérlevél	bay leaf
il cumino	köménymag	caraway seeds
l'oliva	olajbogyó	olive
l'aneto	kapor	dill
la maggiorana	majoranna	marjoram
la menta	menta	mint
FRUTTE	Gyümölcsök	FRUITS
la frutta	gyümölcs	fruit
la mela	alma	apple

la pera	körte	pear
la pesca	őszibarack	peach
l'albicocca, -che	sárgabarack	apricot
la ciliega	cseresznye	cherry
la amarasca	meggy	sour cherry
la prugna	szilva	plum
il melone	sárgadinnye	melon, cantaloup
il cocomero	görögdinnye	water melon
l'uva	szőlő	grapes
l'uva passa	mazsola	raisin
la fragola	eper	strawberry
la mora	szeder	blackberry
il lampone	málna	raspberry
il ribes	ribizli	red currant
l'uva spina	egres	gooseberry
la noce	dió	walnut
la nocciolina	amerikai mogyoró	peanut, groundnut
la nocciola	mogyoró	hazelnut
la mandorla	mandula	almond
la noce di cocco	kókuszdió	coconut
il limone	citrom	lemon
l'arancia	narancs	orange
il fico, -chi	füge	fig
l'ananas	ananász	pineapple
la banana	banán	banana
il dattero	datolya	date
la papaia	papaya	papaya
il mango	mangó	mango
CIBI	Ennivalók	Food
prima colazione e spuntino	reggeli és gyorsétkezés	breakfast and snacks
il cibo	ennivaló	food
la prima colazione	reggeli	breakfast
lo spuntino	gyorsétkezés	snack
il cacao	kakaó	cocoa, chocolate milk
il latte	tej	milk
il pane	kenyér	bread
il cornetto	kifli	crescent roll
il panino	zsemlye	roll
i salatini	sós sütemények	salty sticks
i grissini	sós rúd, ropi	bread sticks
il pane tostato	piritós	toast
cornflakes	kukoricapehely	cornflakes
il caffè	kávé	coffee
il pane imburrato	vajas kenyér	bread and butter
la marmellata	lekvár, dzsem	jam
la zolletta di zucchero	kockacukor	sugar cube
il biscotto	keksz, teasütemény	biscuits, cookie
le uova fritte	tükörtojás	fried eggs, sunny-side up
le uova all'occhio di bue la frittata	tojásrántottas	scrambled eggs

l'uova sodo	kemény tojás	hard-boiled egg
il tramezzino	szendvics	sandwich
il miele	méz	honey
il burro	vaj	butter
il tè	tea	tea
lo yogurt	joghurt	yogurt
lo zucchero	cukor	sugar
la pancetta	császárszalonna	bacon
il lardo	szalonna	bacon
la salsiccia	kolbász	sausage
il würstel	virslí	frankfurter
il salame	szalámi	salami
il prosciutto	sonka	ham
il krapfen	fánk	doughnut
l'aranciata	narancslé	orange juice
il succo d'aranciata, la spremuta d'arancio	frissen préselt narancslé	orange juice
il formaggio	sajt	cheese
il parmigiano	parmezán sajt	cheese
la panna montata	tejszínhab	whipped cream
PRANZO, CENA	Ebéd, vacsora	lunch, dinner
Antipasti	előételek	
melone e prosciutto	sárgadinnye sonkával	
insalata di aringhe	heringsaláta	
Fegato d'oca freddo servito nel proprio grasso	Hideg libamáj zsírjában	
Crêpes alla Hortobágy con ripieno di carne	Hortobágyi húsos palacsinta	
Primo piatto	Első fogás	
Brodo, minestra	levesek	
brodo	húsleves	
minestrone	vegyes zöldségleves	
brodetto di pescedi mare, brodetto ristretto	halleves(tengeri halból)	
zuppa di palóc	palóc leves	
brodetto di Szeged(zuppa di pesce)	Szegedi halászlé	
gulasch in paiolo	bogrács gulyás	
minestra di funghi	gombaleves	
Piatti di carne	HÚSOS Fogások	
arrosto, fritto	sült	
grigliato	roston sült	
bollito	főtt	
brassato	dinsztelve	
impanato	rántva	
Carne di colatile	SZÁRNYASOK	
Pollo arrosto	sült csirke	
Pollo ripieno	töltött csirke	
Pollo allo spiedo	grillcsirke	
petto di pollo	csirkemell	
coscia di pollo	csirkecomb	

Anatra	kacsa	
Fegatini, fegato d'oca	pirított csirkemáj, libamáj	
Stufato di oca	libasült	
pernice	fogoly	
fagiano	fácánsült	
manzo, vitello	marha, borjú	
arrosto di vitello	borjúsült	
bistecca ai ferri	rostélyos	
bistecca alla fiorentina	rostélyos firenzei módra	
bollito di manzo	főtt marhahús	
fegato alla veneziana	pirított hagymás borjómáj	
filetto di vitello	borjúfilé	
maiale	sertés	
cotoletta alla milanese	bécsiszelet	
scaloppina	natúrszelet	
arrosto di maiale	sertéssült	
braciola di maiale	sertésflekken	
trippa alla fiorentina	pacal firenzei módra	
agnello	bárány	
lepre, (coniglio)	nyúl, (házinnyúl)	
PESCI	HALAK	
filetti di baccalà	halfilé	
polipo, polipetti	polip	
seppia, calamari	tintahal	
tonno	tonhal	
merluzzo	tőkehal	
gambero marino	homár	
insalata di gamberi	ráksaláta	
nicchio di mare	kagyló	
ostriga	osztriga	
sardelle	szardellagyűrű	
aringa	hering	
granchi	rák	
frittura	olajban sült	
PASTASCIUTTE	tészták	
spaghetti	spagetti	
spaghettoni	vékony spagetti	
bucatini	lyukas spagetti	
tagliatelle	vastag metélt tészta	
fettuccine	vastag metélt tészta	
gnocchi	gombóc, galuska	
gnocchi alla carbonara	gombóc tojásos szószban	
gnocchi al sugo	gombóc húsos paradicsomos mártással	
gnocchi al ragù	tészta húsos mártással	
.....alla bolognesebolognai módra	
.....alle vongolekagylóval	
.....in biancovajjal és sajttal	
.....con parmigianoparmezán sajttal	
tortellini	gyűrű formájú, töltött dereje	

ravioli	négyzet alakú töltött dereje	
.....con funghigombával töltött	
.....con ricottatúróval töltött	
.....con carnehússal töltött	
lasagne	sütőben összesütött rakott tészta	
carnelloni	vastag cső alakú sütőben összesütött töltött tészta	
LE PIZZE	PIZZÁK	
Pizza Margherita	paradicsomos, bazsálikumos, sajtos alapú pizza	
Pizza Marinara	fokhagyma, origano, paradicsom	
Pizza Quattro Stagioni	olivabogyó, tojás, sonka, articsoka	
CONTORNI, PIATTI VERDURE	köreték, zöldséges ételek	
lessi/e	párolt/főtt	
fritti/e	sült/rántott	
crudo	nyers	
patate fritte	sült krumpli	
patate lesse	főtt krumpli	
purè di patate	krumplipüré	
crocchette di patate	burgonyakrokkett	
riso al pomodoro	rizs paradicsommal	
risotto ai formaggio	sajtos rizottó	
risotto al funghi	gombás rizottó	
risi e bisi	rizibizi	
insalata mista	vegyes saláta(olivaolajjal, sóval)	
insalata di fagioli	zöldbabsaláta	
insalata russa	franciasaláta	
DESSERT	DESSZERT	
gelato	fagylalt	
gelato alla fiamma	lángoló fagylalt	
gelato alla vaniglia	vanília fagylalt	
macedonia con gelato	gyümölcsaláta fagylalttal	
fritelle, crêpes	palacsinta	
Baci	perugiai csokoládé (csókok)	
colomba	húsvéti galamb formájú kalács	
panettone	karácsonyi mazsolás kalács	
paste fresche	friss sütemények	
torrone	mandulás édesség	
L'insegnamento a scuola	oktatás az iskolában	education at school
l'insegnamento	oktatás, tanítás	education
la scuola	iskola	school
l'aula	tanterem	classroom
la classe	osztály	classroom

la lavagna	tábla	blackboard
la scolara	diáklány	schoolgirl, pupil
l'alunna	diáklány	student
la studentessa	egyetemi hallgató(nő)	student
lo studente	egyetemi hallgató	student
l'interrogazione	felelés, feleltetés	answering
rispondere	felel	answer
l'esercizio di matematica	matematika feladat	math problem
la risposta sbagliata	helytelen válasz	wrong answer, incorrect answer
l'asta	mutatópálca	pointer
la cimosa	táblatorló	duster
la spugna	szivacs	sponge
il gesso	kréta	chalk
la maestra	tanítónő	teacher
la professoressa	tanár	teacher
il maestro	tanító	teacher
il professore	tanár	teacher
l'insegnante	pedagógus	teacher
il mappamondo	földgömb	globe
la penna	toll	pen
la penna stilografica, -che	töltőtoll	pen
il registro di classe	osztálynapló	register
la cattedra	tanári asztal	teacher's desk
il quaderno	fűzet	exercise book
l'alunno suggerente	súgó diák	a pupil prompting
suggerire	súg	prompt
la sedia	szék	chair
il banco	pad	desk
il compito per casa	házi feladat	homework
il libro scolastico	tankönyvtextbook	textbook
il compagno di classe	osztálytárs	classmate
la compagna di classe	osztálytárs	classmate
il poster	poszter	poster
la bacheca	faliújság	notice board, bulletin board
lo zaino	hátitáska	backpack, bookbag
la spilla	jelvény	badge, pin
l'orario delle lezioni	órarend	timetable, class schedule
canto ének	ének	Singing
matematica	matematika	Mathematics
italiano	olasz	Italian
ungherese	magyar	Hungarian
geografia	földrajz	Geography
biologia	biológiai	Biology
materie	tantárgyak	subjects
chimica	kémia	Chemistry
il voto osztályzat	osztályzat	grade, mark
una pagella coi massimi voti	kitűnő	straight As
un alunno eminente	kitűnő (fiú)	he has straight As
un'alunna eminente	kitűnő (lány)	she has straight As

l ' insegnamento nel laboratorio	oktatás a laboratóriumban	education in the science laboratory
il laboratorio	laboratórium	laboratory, lab
la bilancia	mérleg	scales
la bilancia da analisi	patikamérleg	balance
il piatto serpenyő	serpenyő	pan
il peso	súly	weight
il misuratore	mérőkészülék	meter
il treppiede	Bunsen-állvány	tripod
il tubo di gomma	gumicső	rubber tubing
il becco Bunsen	Bunsen-égő	Bunsen burner
il cilindro graduato	mérőhenger	measuring/graduated cylinder
il bicchiere per riscaldare	főzőpofár	beaker
il liquido	folyadék	liquid
la provetta	kémcső	test tube
il filtro	szűrőpapír	filter paper
l ' imbuto	tölcsér	funnel
il pallone	lombik	flask
il grembiule	köpeny	lab coat
il pestello	mozsártörő	pestle
il mortaio	mozsár	mortar
la pinza	csipesz	tongs
il microscopio	mikroszkóp	microscope
la lente d ' ingradimento	nagyítólencse	lens
il vetrino	tárgylemez	slide
il tavolo del laboratorio	laboratóriumi asztal	desk
il magnete, il calamita	mágnes	magnet
il cristallo	kristály	crystal
la pipetta	pipetta	pipette
Piante da coltura e alberi	kultúrnövények és fák	Cultivated plants and trees
la pianta	növény	plants
la pianta da coltura	kultúrnövények	cultivatid plants
cereali	gabonafélék	cereals
il grano	búza	wheat
la segale	rozs	rye
l ' orzo	árpa	barley
l 'avena	zab	oats
il granturco, il mais	kukorica	maize
il riso	rizs	rice
il cotone	gyapot	cotton
la canapa	kender	hemp
il lino	len	flax
la barbabietole	cukorrépa	sugar beet
la canna da zucchero	cukornád	sugarcane