



9+1 SIMPLE AND TASTY RECIPES

The Office Cookbook

Travel with us into the world of flavors!



BY QUALITY TOURS HUNGARY

Welcome on board!



From Idea to Reality...

The story of our Cookbook

Dear reader,

The idea of the cookbook, which you now hold in your hands - even if only virtually - has been discussed in the office over and over again for years. Just as we love to explore the exciting regions of Hungary and the world, we are also attracted by the variety of dishes and flavours. It is not surprising, as it is well known about us Hungarians that gastronomy is in our blood and we love to eat. We also benefit from our love of cooking by office breakfasts, name day celebrations and other festive occasions. We have surprised each other with many delicacies, the recipe of which we then always shared and made public treasure. We've always joked, that we should make a cookbook - and now the time has come to turn that idea into reality.

On the following pages, each member of our team will present a favourite recipe and share some associated personal thoughts. We hope everyone will find something to their liking and we would be happy to receive feedback if you've tried something from our favourites!

Time for kitchen adventures!

The QTH Team





Gabriella's favourite

“Vitamin salad”



In my childhood memories, the approach of Easter was always signaled by this salad. As soon as she could get the fresh ingredients my mom made it and we always ate it with a good appetite. As its name suggests, it is full of healthy things.

Ingredients:

ca. 50 dkg of ham*
7-8 eggs
3-4 packs of fresh radish
3-4 packs of fresh green onions
20 dkg cheese
1 large glass of sour cream
salt
pepper

How the magic happens:

- 1.) Cook the eggs for about 10 minutes until hard-boiled, then remove the shell and cut into pieces.
- 2.) Chop the onion and the radish. Cut the ham and grate the cheese.
- 3.) Mix the ingredients, season with salt and pepper and put it in the refrigerator to let the flavours mingle.
- 4.) Best served with fresh hot baguette or toast.

* Instead of the ham, I like to use “párizsi”, which is a typical cold cut in Hungary, similar to mortadella.



Mónica's favourite

Celery cream soup with bacon chips



Celery cream soup is one of my favourites in the hectic rush of everyday life. It isn't too complicated to prepare and it's delicious.

Ingredients:

5 cups chopped celery (stalks and tops)
1 tablespoon butter
1 medium onion
2 cloves garlic
1 medium baking potato
2 cups vegetable or chicken stock
2 cups whole milk
4 strips bacon
1 tablespoon fresh thyme
salt
pepper

How the magic happens:

- 1.) Chop the celery and the onions. Also peel the potato and cut into cubes.
- 2.) Celery is a mild vegetable that is perfectly pleasant on its own, but I like this soup to have a little more heft while still retaining a nice celery background. That is why I add some bacon. So let's cook the bacon over low heat until crispy.
- 3.) Sauté the celery and the onion in the fat left behind (add the butter also). Season and let the vegetables soften a little. Then add the potato and the stock and cook for about 20-30 minutes.
- 4.) Add milk and bring the mixture to a simmer. Then purée the soup.
- 5.) Serve with cooked bacon and cheese crouton if you like.



Fabianna's favourite

“Vegetarian dream”



I like to try out new things and improvise with what I have at home. Also, as I'm reducing my meat consumption - good for the planet and for my wallet. :) I'm exploring the vegetarian universe with new experiments. The small paprika directly from the „paprika house” in Tihany and the Hungarian sour cream gives it a Hungarian touch.

Ingredients:

sweet potatoes
purple onions
small red pepper – Hungarian
paprika
garlic
spinach
sour cream
eggs
spices: vegeta, nutmeg, salt,
pepper, paprika powder, oregano

Optional:

feta cheese
red wine

Essential:

LOVE

How the magic happens:

- 1.) Slice your vegetables: onions, garlic, paprika; sweet potatoes – if you like it with meat, add some bacon or ham here.
- 2.) Fry them in the pan with some oil and salt. When it looks good to you, add some water and spices: pepper, vegeta and some mild - or hot if you feel brave - paprika powder. Let it cook for 15-20 minutes.
- 3.) Now during this time, wise cooks will utilize their time by doing dishes. As an alternative I suggest pouring some wine in a glass, have some wine tasting activity and relax for a bit. After that, doing dishes will be so much fun! :D
- 4.) Add the spinach – if frozen, start the whole project by cooking it. If fresh, even better! Add it into the pan, then mix it with some cream and oregano and a tiny bit of nutmeg (and why not some more paprika).
- 5.) Add the feta cheese and let it slightly melt or cook yourself an egg or two. Et voilà!



Zsuzsa's favourite

Roasted fish cubes on mashed potatoes



My father is an enthusiastic angler, so we regularly get a good portion of fish (mainly carp) from him. I tried several recipes to consume all, this became my favourite: easy and quick, with a touch of the traditional Hungarian cuisine. To avoid problem with the bones (carp has far too many of them) you can use any other type of fish (now I used catfish, but I think cod or hake can also work)

Ingredients:

1 kg potato
1 piece of onion
2 cloves of garlic
100 g bacon
900 g of fish
2 tablespoon of flour
200 ml sour cream
1 teaspoon of paprika cream
(sweet or spicy according to your taste)
oil
butter
salt
pepper

How the magic happens:

- 1.) Pre-heat the oven to 200 C.
- 2.) Cut the potato into 1 cm x 1 cm pieces, and put them in salty water. Cook until softened.
- 3.) Peel the onion and the garlic, cut them into small pieces. Stripe the bacon. Mix the onion, garlic and bacon with 4 tablespoons of oil and with a help of a blender create a creamy stuff of it.
- 4.) When ready, pour off the water from the potato cubes. Let it dry a bit. Smash them, and mix it with the onion - bacon cream. Oil an oven pan (app 30 cm x 20 cm in size) and place the mashed potato in it. Put into the pre-heated oven for app 15 min.
- 5.) Cut the fish into 2 cm x 2 cm-s pieces, turn them into the mix of flour, salt and pepper. Heat oil and butter in a large frying pan. Grill all the fish cubes at once.
- 6.) Mix the sour cream with the paprika cream.
- 7.) Place the grilled fish cubes on the mashed potato, cover it with the sour cream and place into the oven for an additional 10 minutes.



Zsuzsi's favourite

Hortobágy-style pancake



I often work with typical Hungarian tastes when I do the cooking. Paprika, onion and sour cream are perfect ingredients together and create the basis of several Hungarian dishes. This meal is actually a warm starter, but in my opinion, it is so filling that it is also ideal for replacing the main course if you decide to prepare it. Different types of meat can be used in this recipe, in my version the stew is made of chicken. Try to cook this special Hungarian meal and enjoy being lost in the harmony of the flavours.

Ingredients:

Stew:

500 g veal/chicken/pork
2-3 red onions
1-2 cloves of garlic
1 teaspoon of ground paprika
1/2 teaspoon of hot ground paprika
1 tomato
1-2 green paprika
3-4 tablespoons of oil
120 g sour cream
2-3 tablespoons of flour
salt, pepper

8 pancakes:

2 eggs
200 ml milk
200 ml soda water
2 tablespoons of sour cream
180 g flour
2 tablespoons of oil
salt

How the magic happens:

1.) First, prepare a flavourful stew. Chop up the onion and simmer it in the oil in a pan. After a few minutes, add the chopped up paprika and tomato, and roast them together for a bit. Then, add the spices and the crushed garlic cloves. Add the chicken thighs (in whole) and let them cook in the covered pan on low heat. If the juice cooks away, add some water so that the meat softens.

2.) For the pancakes mix milk, soda water, eggs, sour cream and salt. Slowly whisk it with flour and oil until reaching the right consistency. Heat a large non-stick skillet over medium heat, brush it with a little oil, and coat with a thin circle of batter. Cook both sides until they turn golden and you'll get 8 thicker pancakes. Keep them warm.

3.) After the chicken thighs have cooked, take them out of the pan, cut the meat into small pieces. Stir together the flour and the sour cream, and thicken the leftover gravy with the mixture. This is the sauce. Put some sauce on the sliced meat. This is the filling for the pancakes.

4.) Fill the pancakes with the meat mixture and roll them up into smaller reels or squares. Pour some sauce on the top of them. Bake them in the oven. Add some more sour cream on the very top, decorate it with parsley if you'd like.

5.) The remaining paprika sauce should be used after serving, poured on top of each pancake. Serve it warm, with more fresh sour cream. Yummy!



Kriszti's favourite

Layered potato casserole with spring flavours



It's a really hearty and tasty dish that can be prepared in a lot of different variations, but I think the point is that it has to be juicy. The classic version is made with boiled eggs and sausages, but you can add, ham, bacon, cheese, zucchini or whatever you just find at home. I just made a spring variation with fresh spring onions.

Ingredients:

1,5 kg potatoes
250 g ham and bacon
6 eggs
300 g sour cream
100 g grated cheese
spring onions
salt

How the magic happens:

- 1.) Wash the potatoes to remove dirt, then boil them in salted water until fork tender. When it has cooled a little, peel off the skin.
- 2.) Cook the eggs for about 10 minutes until hard-boiled. In the meantime, cut the ham and the bacon, and fry them in a pan.
- 3.) Prepare all other ingredients for layering. Peel and slice the eggs. Slice the potatoes and chop the onions. Mix the sour cream with some salt. Preheat the oven to 180-200 °C.
- 4.) Grease the oven baking pan – you can use the fat of the bacon. Layer with potatoes first (seasoned with salt) followed by the meat, eggs, onions and sour cream. Repeat the layers 2-3 times. The last layer should be potato, then cover it with sour cream and grated cheese.
- 5.) Put in the oven and bake for about 30-40 minutes until the cheese gets brown. When serving you can put some more sour cream on top.



Imola's favourite

Puliszka - Transylvanian polenta with sheep cottage cheese



The so called Puliszka, the Hungarian polenta (made from corn grits) with cottage cheese is a typical and popular Transylvanian meal. It is my all-time favourite from my childhood in Szeklerland, part of Transylvania, where my Grandmother still prepares the best. It is healthy, gluten free, rich in protein and really simple to prepare. This version is a vegetarian one, but you can add some smoked bacon, but only in case you are not on a diet :) The Puliszka itself is often eaten as a side dish as well, especially with pork or beef stew.

Ingredients:

1,5 l water
380-400 gr corn grits (important!
not corn flour but grits!)
450 g salty sheep cottage cheese
(bryndza)
1,5 spoon salt
100 g butter

How the magic happens:

- 1.) Heat the water. Add the salt, and only when it is boiling, slowly pour the corn grits, mixing it constantly to avoid it becoming lumpy. In about 5 minutes the mixture turns into a homogeneous paste.
- 2.) Put a bit of butter into the bottom of an oven-friendly plate. Add a layer of Puliszka, then as next layer the sheep cottage cheese. Continue this and finish with the sheep cottage cheese on top. Instead of butter, you can use the fat of heated bacon as well.
- 3.) Put the plate into the pre-heated oven (200-220 Celsius) for about 30-40 minutes then it is ready to serve. The crispy crust part from the side and bottom part is my favourite part :D



Katinka's favourite

Lángos – the ultimate Hungarian street food



Lángos (a deep-fried flat bread) is close to my heart for several reasons. In my childhood, I couldn't imagine a shopping on the local market, or a holiday by Lake Balaton without eating lángos. Nowadays, I make it at home, and my son is already as huge fan of it as I am.

Ingredients:

600 g flour
ca. 4 dl water
30 g yeast
2 tablespoon oil
2 teaspoon salt
1 teaspoon sugar
+ oil for frying

How the magic happens:

- 1.) Mix the ingredients and knead until the dough is smooth and no longer sticks to the bowl. Let it rise in a lukewarm place until it doubles in size.
- 2.) Divide the dough into 7-8 pieces, and roll them into little balls. Let them rest for another 15-20 minutes. In the meantime, heat the oil in a deep skillet.
- 3.) Stretch out a piece with your fingers into a round lángos shape with the centre being thinner than the edges. Carefully place it into the hot oil, and fry both sides until nice golden brown. Meanwhile, prepare the next piece of dough. When taking out, lay it on a paper towel to get rid of the extra oil.
- 4.) Eat it fresh and warm! Traditionally you can add garlic, sour cream and grated cheese on top, but nowadays there are several other toppings like ham, sausage, red onion, curd, or even marmalade or Nutella. You can also try stuffed versions.



Eszter's favourite

Cottage cheese cake with raspberry (8 slices)



I love raspberry and love cottage cheese. Together they are more delicious. As it is my mother's favourite cake as well, I used to make it for her birthday.

Ingredients:

4 eggs
170 g sugar
130 g butter
500 g cottage cheese
half a lemon peel
2,5 tablespoon semolina
1 vanilla sugar
300 g raspberry
1 gelatine

How the magic happens:

- 1.) Heat the oven to 150°C. Put parchment paper into a springform pan.
- 2.) Beat the egg whites. Beat the egg yolks with the sugar and the butter. Carefully fold the other ingredients into the egg yolk. Gently fold in the egg whites, and put into the springform.
- 3.) Bake for about 40-45 minutes until the dough becomes a bit golden brown.
- 4.) When the cake is ready and chilled, put the raspberry on the top of it. Prepare the gelatine as indicated on the packaging and cover the top of the cake with it.
- 5.) Refrigerate until set, then slice and enjoy!

+1

All-time Hungarian favourite

Pork stew



The stew is one of the best-known and most popular classic Hungarian dishes. Many variations are known like pork, beef, or chicken, and it is also closely related to the famous goulash soup. In any case, onion and ground paprika are essential ingredients.

Ingredients:

500 g pork leg
1 large or 2 smaller onions
2 cloves of garlic
1 tomato
1 yellow pepper (you can also add some spicy green if you like it)
2 tablespoons of lard
salt
pepper
Hungarian ground paprika
ground cumin
500-700 ml water

How the magic happens:

- 1.) Cut the pork into cubes; chop the onion, the tomato and the pepper.
- 2.) Heat the fat, then start slowly sautéing the onions. Cook them on low heat to get clear and glassy. After a few minutes, add the tomato and the pepper and let it cook for another 5-10 minutes.
- 3.) Add the pork and cook until some but not all of its colour is gone. Then add the crushed garlic and the paprika, stir to combine (turn down the temperature) and pour a little water. Season richly and let the meat soften.
- 4.) To get a really thick and tasty stew, cook it on medium heat for about an hour, by adding the water in little portions.
- 5.) You can serve it with plenty variations of garnish. It can be pasta like “nokedli” or “tarhonya”, boiled potatoes are also excellent, but you can simply eat it with a nice slice of fresh bread.

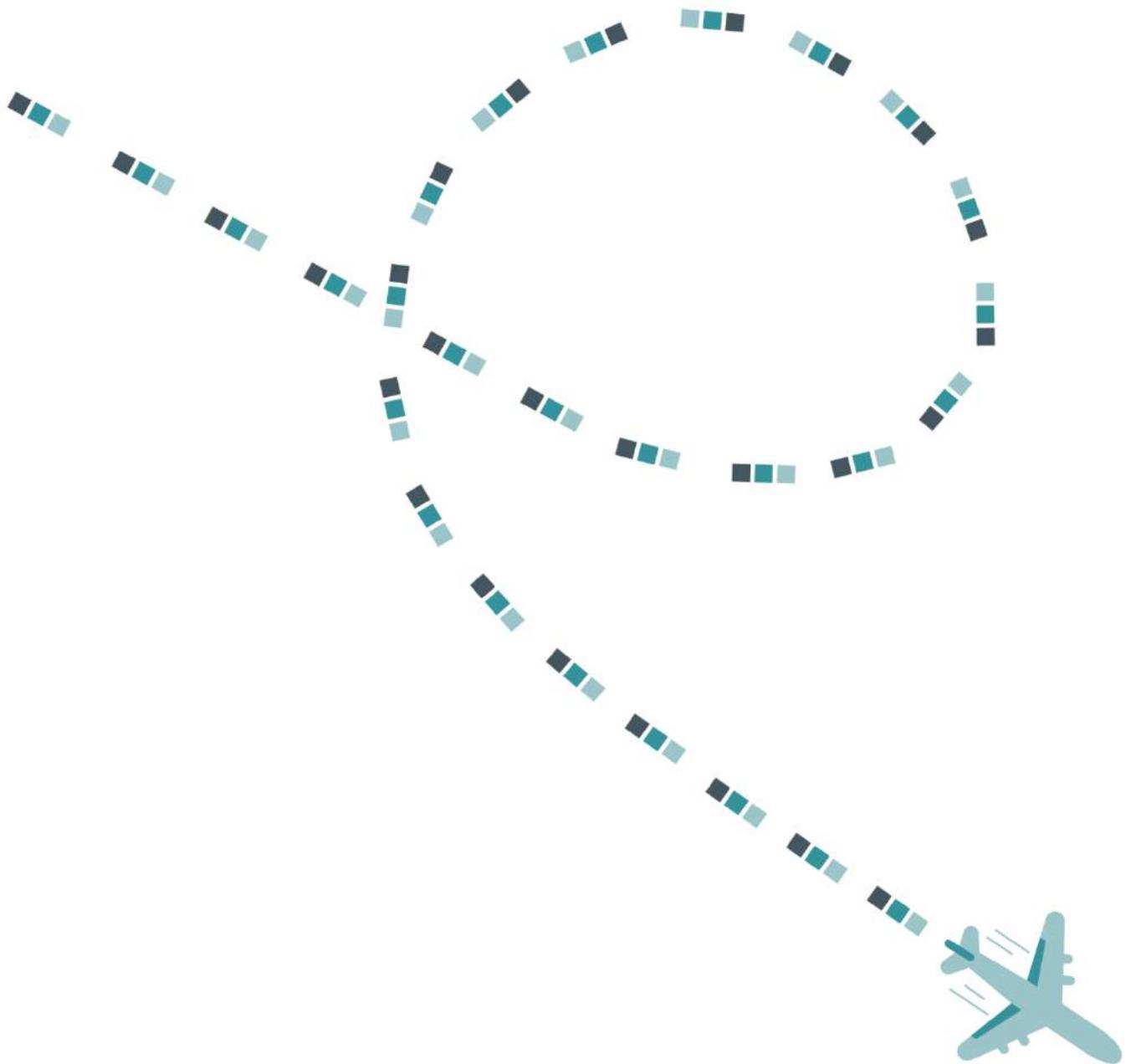
Did you enjoy the journey?

How about some gastro discoveries in Hungary? We have a few program ideas

- ✓ The Golden Age of the **coffeehouse culture**
- ✓ How it is made? – **Spicy sausage** from the pig slaughter until the filling
- ✓ Iconic meals connected to a city or a region
- ✓ **Túrórudi, cocoa rolls, poppy seed bread pudding** and other Hungarian sweets
- ✓ **Hungarian wine** – wine regions, cellar visits and harvest festivals
- ✓ Fiery Hungarian **Pálinka** – taste the difference
- ✓ Visit the Zwack Museum and learn more about the **world-famous Unicum**
- ✓ Hungarian **street food** from Lángos to Kürtőskalács
- ✓ **Fine-dining revolution** and living traditions



See you soon!





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