

Hungarian Cookbook

Taste Delicious European Cooking
Hungurain Style

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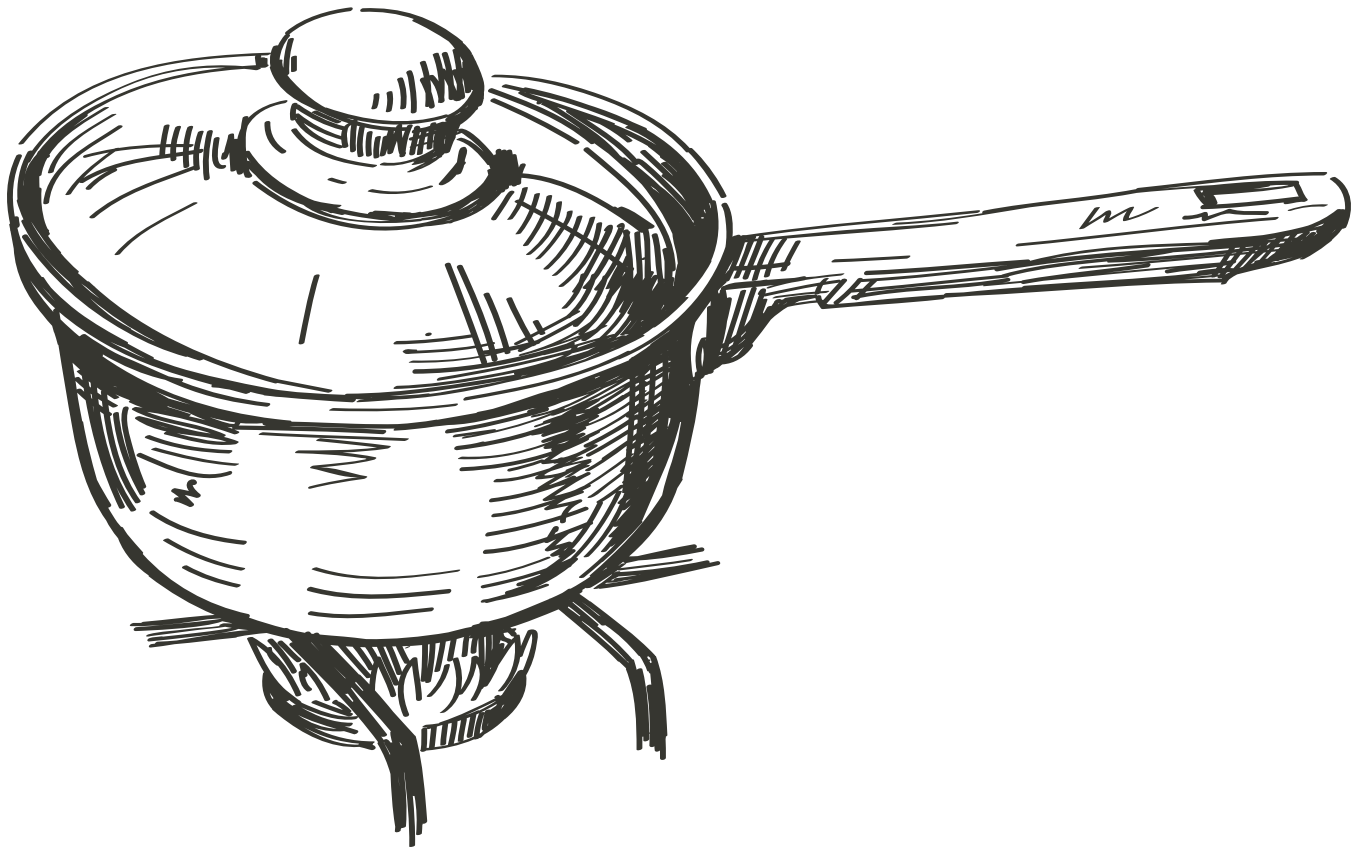


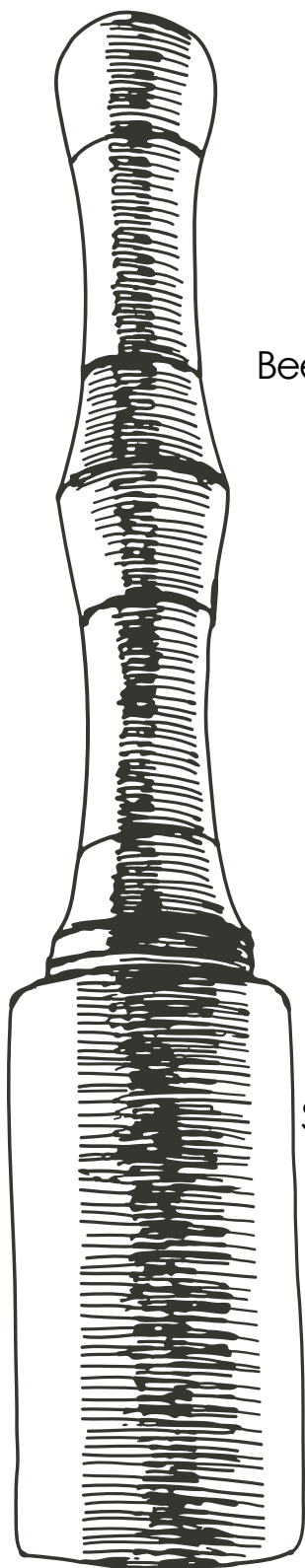


Table of Contents

Classical Pretzels	9
Hungarian Poppy Seed Pastry	12
Red Cabbage and Thighs	14
Bittersweet Sweet Eastern European Crepes	15
Beef Soup	17
Classical Torte	18
The Best Fatback Brisket	20
Pickled Florets	21
Cream of Noodle	24
Paprika Stew from Hungary	25
Paprika Mushroom and Parsley Stew	26
Hungarian Dessert I	27
Eastern European Sherry Beef Chops	28
Hungarian Cabbage	29
Hungarian Cabbage	30
Hungarian Egg Noodles	31
Bread from Eastern Europe	32
Hungarian Sour Cream Bake	33
Hungarian Mashed Liver	36
Bacon Potatoes and Chicken	37
Hungarian Cream Cheese Cookies	38

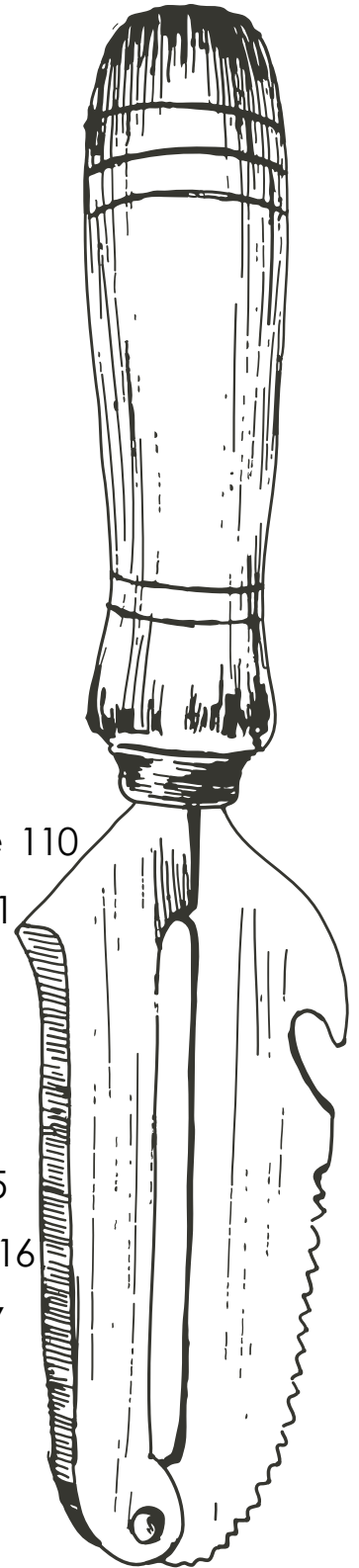
Vegetable Hungarian Stew	39
Potato and Coconut Dessert	40
Maggie's Favorite Goulash	41
Honey Dessert	42
Easy Hungarian Goulash	43
Beef and Pepper Bake	44
Sausage and Pepper Bake	45
Hungarian Stew	48
Hungarian Bread Spice	49
Mustard and Paprika Chicken	50
Hungarian Chicken	51
Vinegar Salad	52
Paprika Fish	53
Czech Pancakes	54
Hungary Pepper Salsa	55
Hungarian Dump Dinner	56
Dumplings from Hungary	57
Eastern European Breakfast	60
Rustic Roast	61
Tomato Ribs	62
Potatoes from Eastern Europe	63
Hungarian Topping for Bread	64
Mushrooms and Sour Cream Stew	65





- Classical Hungarian Stew 66
- Beef with Creamy Mushrooms 67
- Dumplings in Germany I 68
- Dumplings in Germany II 69
- Cabbage and Apples 72
- Beef Rolls of Bacon, Onions, and Pickles 73
- Eastern European Meat Pastries 74
- Fish and Chips 75
- Traditional Tomato Tapas 76
- Saucy Red Potatoes 77
- Mascarpone and Figs 78
- Authentic Eggplant Parmesan 79
- Classical Risotto 80
- Tortellini Classico 81
- Authentic Meatball Sub 84
- Easy Restaurant Style Clams 85
- Salad of Cucumbers and Onions I 86
- Beef Hash 87
- Cabbage, Potatoes, and Leeks 88
- Potatoes, Leeks, and Cabbage II 89
- Classical Gazpacho 90
- Verde Gazpacho 91
- Artisan Gazpacho 92

New World Ceviche	93
Maiz Gazpacho	96
Cucumber and Basil Pâté	97
Crème Brulee	98
Onion Soup I	99
Swiss and Bacon Quiche	100
Burgundy Beef I	101
Easy Crepes I	102
Restaurant Style Onion Soup	103
Salmon with Lemon Sauce	105
Soup of Carrots and Lentils	108
Classical Hummus I	109
Creamy Chicken and Chive Casserole	110
Crunchy Corned Beef Triangles	111
Chocolate Chip Tea Bites	112
Creamy Mushroom Skillet	113
Wild Rainbow Soup	114
Crunchy Herbed Radish Salad	115
Smoked Pancakes with Fish Salad	116
Golden Cauliflower Casserole	117
Crunchy Snow Bites	120
Iced Orange Cookies	121
Summer Soup Delight	122



Fancy Berry Pudding 123

Caramelized Carrots 124

Stovetop Potato and Chicken Roast 125

A Soup of Tomatoes and Potatoes 126

Eastern European Tomato Stew 127

Classical Scones 128

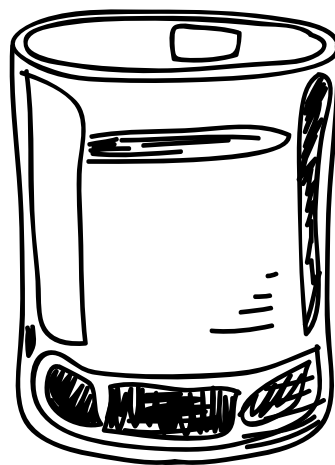
Tuna Mousse 129

Liver and Onions Portuguese Style 132

Penne Cannellini and Tomatoes Salad 133

Chicken Soup 134

Bean Salad I 135



Classical Pretzels



Prep Time: 10 mins



Total Time: 1 hr 20 mins

Servings per Recipe: 1

Calories 122.8

Fat 6.6g

Cholesterol 28.6mg

Sodium 483.4mg

Carbohydrates 13.5g

Protein 2.3g

Ingredients

- 2 C. flour
- 1/2 C. butter
- 3/4 C. milk
- 1 1/2 tsps yeast
- 3 tsps sugar
- 3 tsps salt, divided
- 1 tsp water
- 1 egg yolk
- 1 tsp flour
- 1 tsp hot water

Directions

1. Get your milk hot in a pan then add it to a bowl, with the sugar and yeast.
2. Stir the mix until the sugar is fully incorporated then let the mix stand for 15 mins.
3. At the same time get a 2nd bowl and mix: 1 tsp butter, 1 tsp salt, and the flour.
4. Add yeast and stir the mix.
5. Keep working everything until you have a ball then break the dough into 4 pieces.
6. Form each piece into a ball again and place everything in a bowl.
7. Place a kitchen towel around the bowl and let everything sit for 45 mins.
8. Now set your oven to 375 degrees before doing anything else.
9. Take one piece of dough and break it into four more pieces.
10. Roll each piece of dough into a long rope and shape it into a pretzel.
11. Lay all the pretzels on a cookie sheet and continue forming pretzels in the same manner.
12. Now get a small bowl and mix 1 tsp with your egg. Coat your pretzels with the egg wash then cook everything in the oven for 13 mins.
13. At the same time get a 2nd small bowl and combine: 2 tsp hot water, 1 tsp flour, 2 tsp salt. Stir the mix until it is thick then top the pretzels with the salt mix and cook them for 4 more mins in the oven.
14. Enjoy.





HUNGARIAN Poppy Seed Pastry



Prep Time: 30 mins



Total Time: 2 hrs 35 mins

Servings per Recipe: 24

Calories 314 kcal

Fat 18.9 g

Carbohydrates 32.8g

Protein 5.5 g

Cholesterol 58 mg

Sodium 279 mg

Ingredients

5 tbsps white sugar
1 C. unsalted butter, cubed
3 egg yolks
1 (8 oz.) container sour cream
4 C. self-rising flour
1 (.25 oz.) package active dry yeast

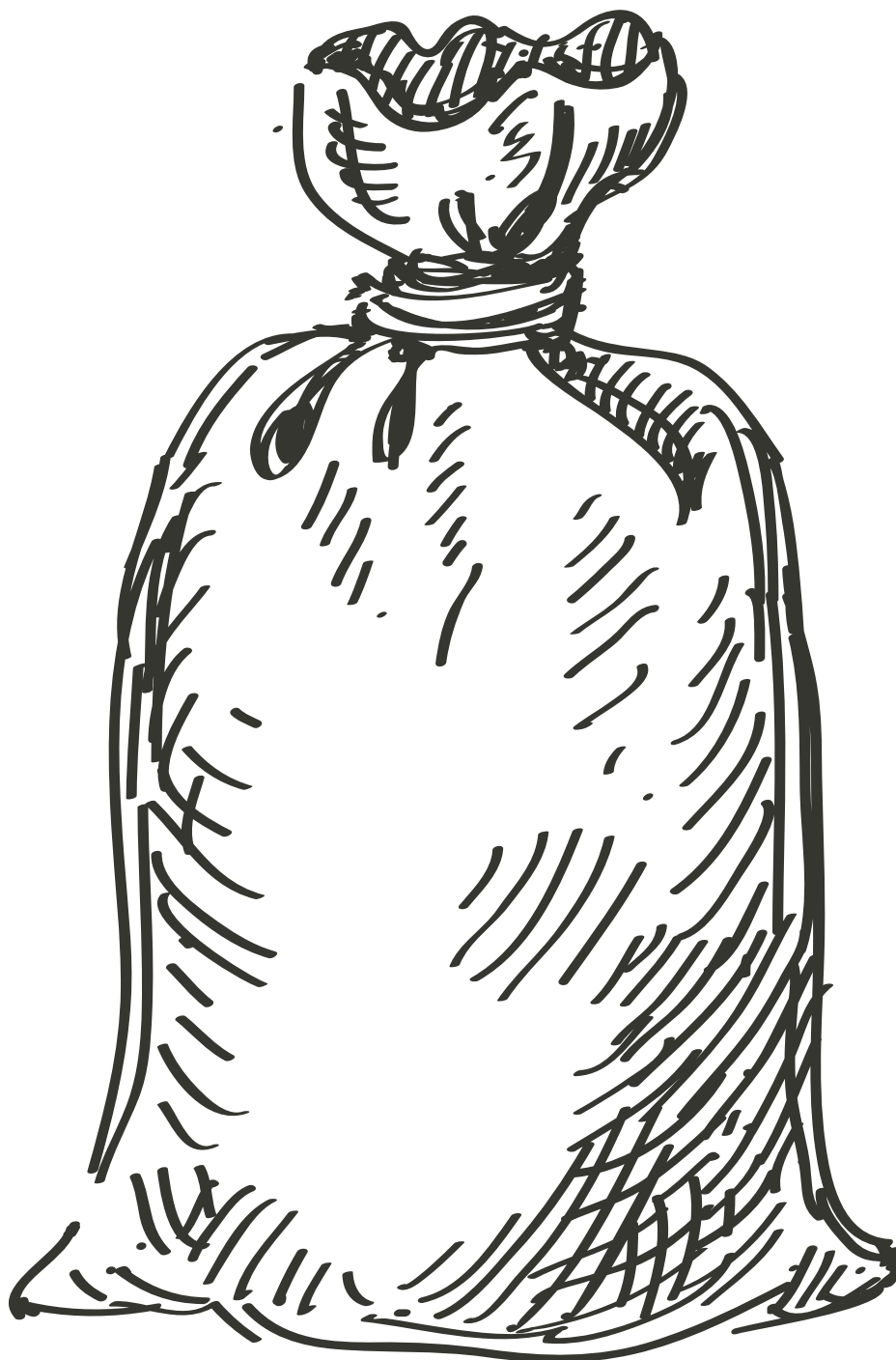
2 1/2 C. finely diced walnuts
1 lemon, zested
2/3 C. golden raisins
1 egg
1 tbsp water

Filling:
1 C. whole milk
1 C. white sugar

Directions

1. Get a jellyroll pan and cover it with parchment paper before doing anything else.
2. Add a dough blade to your food processor and process the following to form a dough: sour cream, flour, 5 tbsps sugar, yeast, egg yolks, and butter.
3. Now form the dough into a ball and place it in a bowl with a damp kitchen towel over the bowl.
4. Begin to heat 1 C. of sugar and milk while stirring until the sugar is fully incorporated into the mix.
5. Continue heating everything until the mix thickens. Then combine in the walnuts, shut the heat, and add the raisins and lemon zest.
6. Break your dough into 3 pieces then shape one piece into a rectangle on a cutting board coated with flour. Leave the rest of the dough in the bowl.
7. Layer 1/3 of the walnut mix over the rectangle with some space on the edges.
8. Now roll the dough into a cylinder and crimp the seam to seal everything.
9. Place the cylinder on the jellyroll pan. Then continue doing the same thing with the rest of the dough.

10. Get a small bowl and mix a tbsp of water with the egg and whisk it together.
11. Coat your rolled dough with the mix then leave everything for 60 mins.
12. Top the dough again with the egg mix then place the entire jellyroll pan in the fridge for 40 mins.
13. Set your oven to 375 degrees before doing anything else.
14. Once the oven is hot cook everything in the oven for 40 mins.
15. Enjoy.



RED CABBAGE and Thighs



Prep Time: 20 mins



Total Time: 1 hr 30 mins

Servings per Recipe: 8

Calories 287 kcal

Fat 11 g

Carbohydrates 23.9g

Protein 22.5 g

Cholesterol 74 mg

Sodium 295 mg

Ingredients

4 slices bacon, optional	1 large apple, cored and sliced
1 tbsp bacon drippings	1 head red cabbage, cored and sliced
1/4 C. all-purpose flour	1/2 C. red wine vinegar
1/2 tsp kosher salt	1/4 C. dry red wine
1/2 tsp smoked paprika	1/4 C. brown sugar
2 lbs skinless chicken thighs	1/2 tsp ground cinnamon (optional)
1 red onion, sliced	

Directions

1. Set your oven to 350 degrees before doing anything else.
2. Fry your bacon until it is fully done, for about 12 mins, then remove them from the pan and break everything into pieces.
3. Get a bowl, combine: paprika, kosher salt, and flour.
4. Top your pieces of chicken with this mix then sear the chicken all over in the bacon drippings for 6 mins each side.
5. Now remove the meat from the pan.
6. Remove most of the bacon drippings but keep about 2 tbsps and begin to stir fry your apple and onions in it for 7 mins then combine in the bacon, and red cabbage.
7. Top everything with some more salt and stir the mix for 7 more mins.
8. Now add in your red vinegar.
9. Stir the mix then add in the cinnamon and brown sugar. Stir the mix again and get everything boiling.
10. Once the mix is boiling, lower the heat, and let everything cook for 12 mins until half of the liquid evaporates. Stir the mix as it cooks.
11. Now place your chicken on top the cabbage and put everything in the oven for 45 mins.
12. Enjoy.

Bittersweet Sweet Eastern European Crepes



Prep Time: 40 mins



Total Time: 9 hrs 10 mins

Servings per Recipe: 5

Calories 873 kcal

Fat 47.4 g

Carbohydrates 98.7g

Protein 15.1 g

Cholesterol 71 mg

Sodium 104 mg

Ingredients

2 C. all-purpose flour

2 eggs

1 C. milk

1 C. soda water

1/2 C. vegetable oil

1 pinch salt

Almond Filling:

1 C. diced almonds

1/2 C. white sugar

1/4 C. milk

1/4 tsp vanilla extract

1 1/2 tsps rum (optional)

Chocolate Topping:

1/4 C. water

1/2 C. white sugar

1/2 C. diced bittersweet chocolate

2 tbsps margarine

Directions

1. Get a bowl, mix: eggs and flour.
2. Once the mix is smooth combine in: salt, milk, veggie oil, and carbonated water.
3. Stir the mix until it is smooth then place a covering on the bowl and put everything in the fridge for 8 hrs.
4. Now coat a skillet with nonstick spray then stir your batter.
5. Once the skillet is hot ladle 1/4 C. of batter into it and fry the mix for 60 secs then flip it and fry everything for 60 more secs.
6. Place the pancake on some wax paper and continue making pancakes in this manner.
7. Once all of the pancakes are done begin heat and stir the following: rum, almonds, vanilla, 1/2 C. sugar, and milk.
8. Heat the mix with a low level of heat then stir everything until it is thick. Now shut the heat.
9. Now get a separate pot and begin to heat and stir the following as well: 1/2 C. sugar, water, and chocolate.

10. Heat the mix with a low level of heat until everything is smooth.
11. Shut the heat and stir in the margarine until everything is smooth.
12. Coat 1 pancake with a large tbsp of almond mix then roll the pancake and put it in a casserole dish.
13. Continue topping and rolling all the pancakes in this manner.
14. Coat everything with your chocolate sauce.
15. Enjoy.



Beef Soup



Prep Time: 20 mins



Total Time: 2 hrs 15 mins

Servings per Recipe: 14

Calories 323 kcal

Fat 13.2 g

Carbohydrates 22.9 g

Protein 26.9 g

Cholesterol 86 mg

Sodium 349 mg

Ingredients

- 5 slices bacon, diced
- 2 large onions, diced
- 1/4 C. Hungarian paprika
- 1 1/2 tsps garlic powder
- 1/4 tsp ground black pepper
- 5 lbs boneless beef chops, trimmed
- 1 large yellow bell pepper, seeded and diced
- 2 (14 oz.) cans diced tomatoes, with liquid
- 2/3 C. beef broth
- 2 C. reduced-fat sour cream
- 2 (6 oz.) packages wide egg noodles

Directions

1. Cook your bacon for 12 mins then drain the oils into a small bowl for later.
2. Add the onions to the pot and fry them until they are see-through.
3. Shut the heat and add in: the pepper, garlic powder, and paprika. Then pour everything into a saucepan.
4. Add some of the bacon grease to the skillet again and fry your beef until it is browned all over and fully done. Cook the beef in batches and add in more drippings after each batch.
5. Once all the beef has been cooked place them to the side on a cutting board and dice the beef into small pieces. Then add the meat into the saucepan.
6. Add a bit more bacon grease to the skillet and begin to stir fry your bell peppers until they are tender then add this to the saucepan as well.
7. Pour in the broth and tomatoes with juice into the saucepan then get everything boiling.
8. Once the mix is boiling, set the heat to low, and let everything gently boil for 1.5 hrs. Now add the sour cream, stir the mix, and shut the heat.
9. Now boil your noodles in water and salt for 7 mins. Remove the liquid and divide the noodles between serving bowls.
10. Top each bowl with the tomato mix and serve.
11. Enjoy.

CLASSICAL Torte



Prep Time: 20 mins



Total Time: 1 hr 30 mins

Servings per Recipe: 32

Calories 267 kcal

Fat 14.1 g

Carbohydrates 32.8g

Protein 4.1 g

Cholesterol 48 mg

Sodium 71 mg

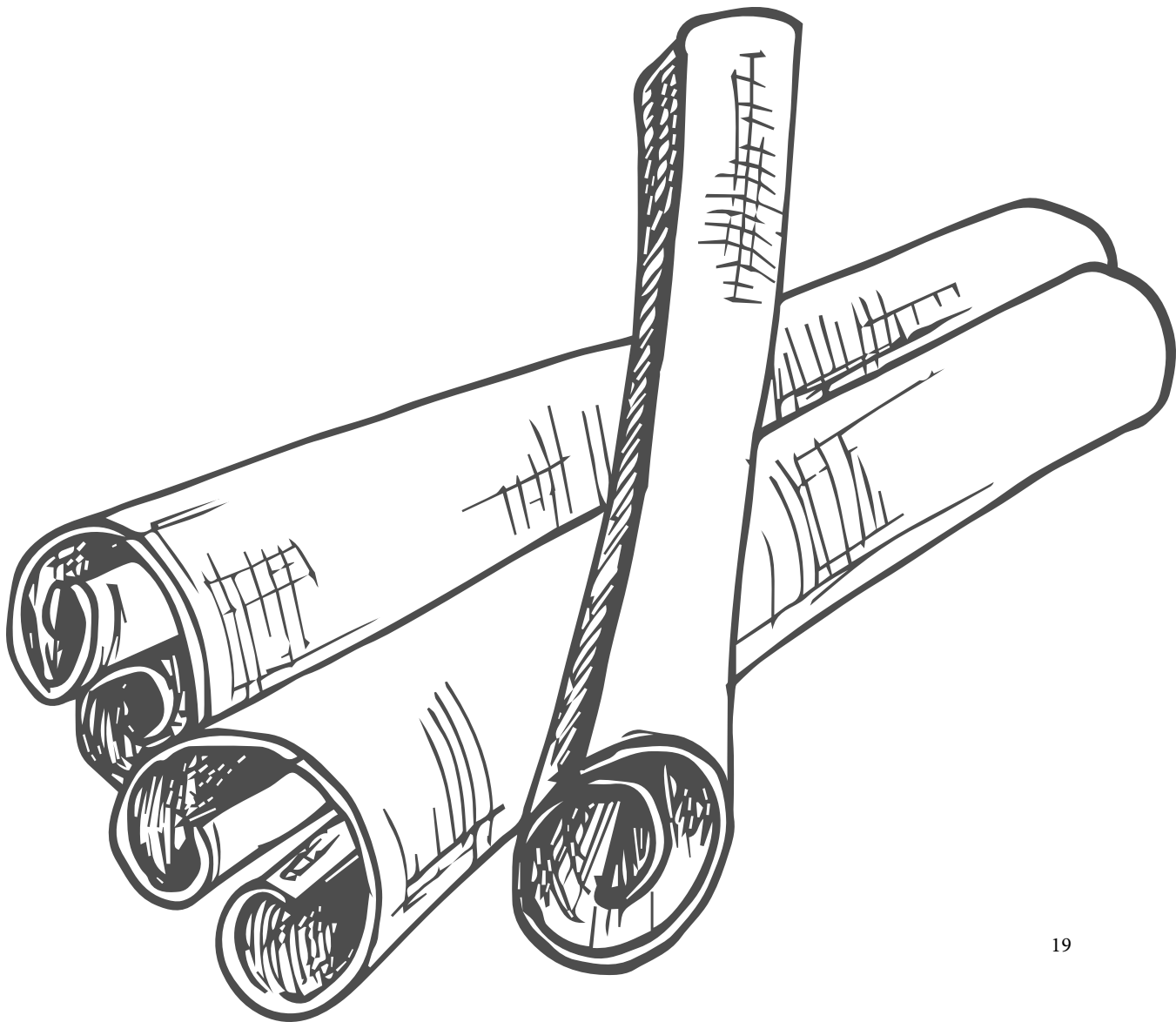
Ingredients

2 C. diced walnuts	1 1/3 C. butter or margarine, softened
1 tsp ground cinnamon	4 1/2 C. all-purpose flour
3/4 C. white sugar	1 (16 oz.) jar apricot preserves
1/4 C. warm water (110 degrees F/45 degrees C)	4 egg whites
1 (.25 oz.) envelope active dry yeast	2/3 C. white sugar
1 tsp white sugar	
4 egg yolks	
1/2 C. sour cream	

Directions

1. Coat a jellyroll pan with oil then set your oven to 350 degrees before doing anything else.
2. Get a bowl, combine: 3/4 C. sugar, walnuts, and ground cinnamon.
3. Get a 2nd bowl and mix 1 tsp of sugar, yeast, and some warm water.
4. Leave this mix to sit for 15 mins.
5. Get a 3rd bowl, combine: butter, yeast mix: sour cream, and egg yolks.
6. Stir the mix until it is smooth then add the flour slowly until you have a slightly stiff dough.
7. Work the dough with your hands for 7 mins. Then break the dough into three pieces then shape each piece into a ball.
8. Place the balls on a cutting board coated with flour and place a damp kitchen towel over them. Let the balls sit for 20 mins.
9. Roll out one piece of dough to the same size as your jellyroll pan. Then lay the dough in the pan and top it with 3/4 of the nut mix.
10. Do the same thing for another piece of dough then place it in the pan as well. Top it with the apricot and add the last piece of the dough in the same manner over everything.

11. Cook the layers in the oven for 45 mins.
12. Begin to whisk your egg whites until peaking then slowly mix in 2/3 of a C. of sugar into the eggs.
13. Top the layers with this mix then layer the rest of your nuts on top of everything.
14. Continue cooking the contents in the oven for 17 more mins.
15. Let the mix sit for a bit then serve.
16. Enjoy.



THE BEST

Fatback Brisket



Prep Time: 1 hr

Total Time: 13 hrs

Servings per Recipe: 20

Calories 802 kcal

Fat 78.6 g

Carbohydrates 14.3g

Protein 19.1 g

Cholesterol 121 mg

Sodium 2172 mg

Ingredients

- 5 lbs beef brisket
- 2 lbs sliced bacon
- 5 C. brewed coffee
- 1/4 C. salt
- 1 C. butter
- 1/2 C. minced garlic
- 1/2 C. shortening
- 1 lb fatback, sliced into small rectangles
- 2 sweet potatoes, quartered
- 1 C. olive oil
- 2 1/2 tbsps prepared horseradish

Directions

1. Cover your brisket with bacon then place everything into a casserole dish.
2. Combine your salt and coffee and top the brisket with this mix.
3. Place a covering of foil over the dish and let the brisket sit in the fridge for 8 hrs.
4. Begin to stir and heat your garlic and butter until the butter has turned to a golden color.
5. Coat a roasting pan with the shortening and place your brisket in it.
6. Top the brisket with 1 C. of coffee mix and place your fatback over the brisket.
7. Layer your potatoes around the brisket and top everything with the butter mix.
8. Place a lid or some foil on the pan and let it sit for 60 mins.
9. Now set your oven to 325 degrees before doing anything else.
10. Cook the brisket in the oven, once it is hot, for 4 hrs.
11. Once the brisket is done begin to heat and occasionally stir your olive oil and horseradish with a low level of heat for 30 mins then enjoy everything as a dipping sauce with the brisket after you have carved it into pieces.
12. Enjoy.

Pickled Florets



Prep Time: 20 mins



Total Time: 30 mins

Servings per Recipe: 39

Calories 9 kcal

Fat < 0.2 g

Carbohydrates < 1.7g

Protein < 0.5 g

Cholesterol 0 mg

Sodium 1089 mg

Ingredients

4 C. distilled white vinegar
4 C. water
1/2 C. sea salt
1 head cauliflower, broken into florets
3 hot chile peppers, sliced lengthwise
3 cloves garlic, minced, divided
1 tbsp mustard seed, divided
1 tbsp whole black peppercorns, divided
1 tbsp coriander seeds, divided
1 tbsp dill seeds, divided

1 tbsp allspice berries, divided
1 1/2 tps red pepper flakes, divided
3 bay leaves
3 1-quart canning jars with lids and rings, lids and jars sterilized in boiling water for 10 mins

Directions

1. Get the following simmering: salt, water, and vinegar.
2. Now fill each jar with: 1 bay leaf, 1/3 cauliflower, 1/2 tsp pepper flakes, 1 hot pepper, 1 tsp berries, 1 mince piece of garlic, 1 tsp dill, 1 tsp mustard seed, 1 tsp coriander seed, and 1 tsp peppercorns.
3. Divide the vinegar mix between the jars and leave half an inch of space in each jar.
4. With a knife break any bubbles of air in each jar by running the knife along the sides slowly. Then clean the top of the jar and place the lids and rings on them.
5. Add a rack to a large pot then add in enough water to fill the pot halfway. Get the water boiling then place the jars in the water with some tongs.
6. The jars should be submerged in the water with an additional inch of water over them.
7. Get the water boiling again then place a lid on the pot, and let everything cook for 12 mins.
8. Take out the jars, let them cool, and then store everything in an area without sunlight.
9. Enjoy.





CREAM of Noodle



Prep Time: 10 mins



Total Time: 5 hrs 20 mins

Servings per Recipe: 10

Calories 365 kcal

Fat 16.5 g

Carbohydrates 39.3g

Protein 15.2 g

Cholesterol 67 mg

Sodium 826 mg

Ingredients

1 (16 oz.) package wide egg noodles
3 cubes chicken bouillon
1/4 C. water
1 (10.75 oz.) can condensed cream of mushroom soup
1/2 C. diced onion
2 tbsps Worcestershire sauce
1 tbsp poppy seeds
1/4 tsp garlic powder

1/4 tsp hot pepper sauce
2 C. cottage cheese
2 C. sour cream
1/4 C. grated Parmesan cheese
1 pinch paprika

Directions

1. Get your noodles boiling in water and salt for 6 mins then remove all the liquids.
2. Get a bowl and stir your bouillon cubes with some boiling water until it is smooth.
3. Add in: hot sauce, mushroom soup, garlic powder, diced onion, poppy seeds, and Worcestershire.
4. Stir the mix again until it is smooth then add in: egg noodles, cottage cheese, and sour cream.
5. Place everything into the crock of a slow cooker and top everything with some paprika and parmesan.
6. Place the lid on the slow cooker and cook everything for 4 hrs with a high level of heat.
7. Enjoy.

Paprika Stew from Hungary



Prep Time: 15 mins



Total Time: 1 hr 30 mins

Servings per Recipe: 4

Calories 604 kcal

Fat 39.8 g

Carbohydrates 16g

Protein 43.9 g

Cholesterol 156 mg

Sodium 747 mg

Ingredients

- 2 tbsps bacon grease
- 1 large onion, diced
- 3 cloves garlic, diced
- 3/4 tsp salt
- 1 tsp crushed red pepper flakes
- 3 tbsps paprika
- 1 (2 to 3 lb) whole chicken, cut into pieces
- 1 C. water
- 1 (14.5 oz.) can diced tomatoes
- 2 tbsps all-purpose flour
- 1 (8 oz.) container sour cream

Directions

1. Begin frying the following in the bacon drippings: pepper flakes, onion, paprika, garlic, and salt.
2. Fry the mix until the onions are see-through then combine in your chicken and submerge everything in water.
3. Let the mix cook for 65 mins.
4. Now add in the tomatoes and save the juice in a bowl.
5. Add your sour cream and flour to the tomato juice and stir the mix until it is smooth.
6. Pour the mix into the chicken and stir everything.
7. Let the contents simmer until everything is thick.
8. Enjoy.

PAPRIKA

Mushroom and Parsley Stew



Prep Time: 15 mins



Total Time: 50 mins

Servings per Recipe: 6

Calories 201 kcal

Fat 13.5 g

Carbohydrates 14.8g

Protein 7.5 g

Cholesterol 32 mg

Sodium 829 mg

Ingredients

- 4 tbsps unsalted butter
- 2 C. diced onions
- 1 lb fresh mushrooms, sliced
- 2 tsps dried dill weed
- 1 tbsp paprika
- 1 tbsp soy sauce
- 2 C. chicken broth
- 1 C. milk
- 3 tbsps all-purpose flour
- 1 tsp salt
- ground black pepper to taste
- 2 tsps lemon juice
- 1/4 C. diced fresh parsley
- 1/2 C. sour cream

Directions

1. Fry your onions in butter for 7 mins then combine in the mushrooms and continue frying them for 7 more mins.
2. Now add the broth, dill, soy sauce, and paprika.
3. Stir the mix and set the heat to low.
4. Place a lid on the pot and let the contents gently boil for 17 mins.
5. Get a bowl, combine the flour and milk until everything is smooth then add this mix to the simmering mix.
6. Stir the flour mix then place the lid back on the pot and continue cooking everything for 17 more mins.
7. Stir the mix a few more times as it simmers.
8. Now stir in the sour cream, salt, parsley, black pepper, and lemon juice.
9. Simmer the mix for 4 more mins.
10. Enjoy.

Hungarian Dessert I



Prep Time: 30 mins



Total Time: 1 hr 30 mins

Servings per Recipe: 12

Calories 399 kcal

Fat 35 g

Carbohydrates 17.1g

Protein 8.4 g

Cholesterol 157 mg

Sodium 128 mg

Ingredients

12 oz. hazelnuts
2 tsps baking powder
6 egg yolks
5/8 C. white sugar
6 egg whites

1 pint heavy whipping cream
1/8 C. diced hazelnuts, for garnish

Directions

1. Coat a spring form pan with oil and flour then set your oven to 325 degrees before doing anything else.
2. Grind your hazelnuts and combine them with the baking powder in a bowl.
3. Get a 2nd bowl and whisk your egg yolks with the sugar until it is pale.
4. Stir the ground hazelnut mix and continue mixing everything until it is smooth.
5. Get a separate whisk and in a 3rd bowl beat the egg whites until stiff then add a third of the eggs into the yolk mix. Add the rest of the eggs and make sure there are no streaks and everything is evenly combined.
6. Enter the mix into your prepared pan and cook everything in the oven for 70 mins.
7. Cut the cake into 3 pieces lengthwise and begin to beat the cream until it is stiff then top the cake with it.
8. Garnish everything with some hazelnuts.
9. Enjoy.

EASTERN EUROPEAN

Sherry Beef Chops



Prep Time: 10 mins

Total Time: 1 hr 10 mins

Servings per Recipe: 3

Calories 376 kcal

Fat 24.5 g

Carbohydrates 19.9g

Protein 17.7 g

Cholesterol 79 mg

Sodium 430 mg



Ingredients

4 beef chops
salt and pepper to taste
1/4 C. all-purpose flour
1 C. sour cream
1/4 C. dry sherry
1/4 C. ketchup
1 tsp Worcestershire sauce
1/4 tsp paprika
1 bay leaf

Directions

1. Coat your pieces of beef with pepper and salt. Then brown them in oil until they are fully done.
2. Now remove any excess drippings from the pan.
3. Get a bowl, combine: bay leaf, sour cream, paprika, sherry, Worcestershire, and ketchup.
4. Stir the mix until it is smooth then combine it with the beef.
5. Place a lid on the pan and let the mix gently boil with a low level of heat for 60 mins.
6. Enjoy.

Hungarian Cabbage

 Prep Time: 15 mins
 Total Time: 25 mins

Servings per Recipe: 6

Calories	482 kcal
Fat	18.9 g
Carbohydrates	67g
Protein	13.5 g
Cholesterol	103 mg
Sodium	226 mg

Ingredients

1 (16 oz.) package egg noodles
1/2 C. butter
1 large onion, diced
1 head cabbage, cored and diced

salt and ground black pepper to taste

Directions

1. Boil your noodles in water and salt for 6 mins then remove the liquids.
2. Now begin to stir fry your onions in butter for 10 mins then add the cabbage and continue cooking the mix for 10 more mins.
3. Add the noodles to the mix and top everything with some black pepper and salt.
4. Enjoy.

HUNGARIAN Cabbage



Prep Time: 15 mins



Total Time: 25 mins

Servings per Recipe: 6

Calories 482 kcal

Fat 18.9 g

Carbohydrates 67g

Protein 13.5 g

Cholesterol 103 mg

Sodium 226 mg

Ingredients

1 (16 oz.) package egg noodles

1/2 C. butter

1 large onion, diced



1 head cabbage, cored and diced

salt and ground black pepper to taste

Directions

1. Boil your noodles in water and salt for 6 mins then remove the liquids.
2. Now begin to stir fry your onions in butter for 10 mins then add the cabbage and continue cooking the mix for 10 more mins.
3. Add the noodles to the mix and top everything with some black pepper and salt.
4. Enjoy.

Hungarian Egg Noodles

 Prep Time: 10 mins
 Total Time: 25 mins

Servings per Recipe: 8

Calories	438 kcal
Fat	22 g
Carbohydrates	43.6g
Protein	16.5 g
Cholesterol	87 mg
Sodium	365 mg

Ingredients

1 (16 oz.) package egg noodles	salt to taste
3 1/2 slices smoked bacon	
2 C. sour cream	
1 (12 oz.) container cottage cheese	

Directions

1. Set your oven to 350 degrees before doing anything else.
2. Get your pasta boiling in water and salt for 9 mins then remove all the liquids.
3. Begin to fry your bacon then break it into pieces and place it all to the side.
4. Add the noodles to a casserole dish and top them with the sour cream, cottage cheese, and bacon.
5. Add some salt as well then cook everything in the oven for 4 mins.
6. Enjoy.

BREAD

from Eastern Europe



Prep Time: 30 mins



Total Time: 2 hrs 30 mins

Servings per Recipe: 12

Calories 245 kcal

Fat 3.2 g

Carbohydrates 44.1g

Protein 8.7 g

Cholesterol 73 mg

Sodium 420 mg

Ingredients

1 (.25 oz.) package active dry yeast
1 3/4 C. warm milk
1 egg yolk
2 eggs
2 tbsps white sugar
2 tsps salt

5 C. all-purpose flour
1 tbsp poppy seeds
1 egg, beaten

Directions

1. Get a bowl, combine your warm milk and yeast. Let the mix sit for 20 mins.
2. Get a 2nd bowl, mix: salt, eggs, sugar, and egg yolks.
3. Add in the yeast mix and also 3 C. of flour.
4. Stir the mix evenly then add in the rest of the flour slowly.
5. Form a dough from the mix then knead it for 10 mins on a floured working surface.
6. Divide the dough into 2 pieces and shape everything into loaves.
7. Let the loaves sit for 30 mins then divide each one in half. Shape each piece into a long rope.
8. Braid the 4 pieces of dough and place everything on to a baking sheet.
9. Place a damp kitchen towel over everything and let the dough rise for 50 mins.
10. Now set your oven to 400 degrees before doing anything else.
11. Top the dough with some whisked eggs and poppy seeds then cook everything in the oven for 20 mins.
12. Now set the heat to 350 degrees and continue baking everything 40 more mins.
13. Enjoy.

Hungarian Sour Cream Bake



Prep Time: 45 mins



Total Time: 1 hr 15 mins

Servings per Recipe: 10

Calories 415 kcal

Fat 31.6 g

Carbohydrates 25.6g

Protein 8.8 g

Cholesterol 169 mg

Sodium 295 mg

Ingredients

6 potatoes

8 eggs

seasoning salt to taste

1 C. margarine

1 (16 oz.) container sour cream

Directions

1. Set your oven to 350 degrees before doing anything else.
2. Get your potatoes boiling in water and salt for 20 mins then remove all the liquids, peel, and slice the potatoes once they have cooled.
3. Now get your eggs boiling in water for 1 min, place a lid on the pot, then shut the heat.
4. Let the eggs stand for 12 mins in the water, then drain the liquid, peel the eggs, and slice them.
5. Get a baking dish and lay your potato and eggs in it. Top each layer with some seasoned salt.
6. Melt your sour cream and margarine in the pan then pour it over the contents in the baking dish.
7. Add some more seasoned salt then cook everything in the oven for 35 mins. Enjoy.





HUNGARIAN Mashed Liver



Prep Time: 10 mins



Total Time: 3 hrs 30 mins

Servings per Recipe: 8

Calories 258 kcal

Fat 14.1 g

Carbohydrates 8.5g

Protein 24.4 g

Cholesterol 573 mg

Sodium 1116 mg

Ingredients

2 tbsps vegetable oil	salt and pepper to taste
1 tbsp unsalted butter (optional)	2 tbsps paprika
1 large white onion, diced	2 tbsps diced fresh parsley, divided
2 lbs fresh chicken livers	1 head romaine lettuce
6 hard-cooked eggs	2 sprigs fresh parsley
1 small white onion, finely diced	
1 bunch green onions, diced	

Directions

1. Stir fry your onions in butter and oil until they are tender then add the livers and fry them with a high level of heat.
2. Once the meat is fully done i.e. juices are clear, place everything in a bowl.
3. Get a masher or large fork and mash the livers. Remove the membranes as you mash everything.
4. Get 2nd bowl and beat your eggs in it then combine it with the mashed meat.
5. Add in the green onions and the diced onions and combine everything evenly.
6. Top everything with some pepper, salt, 1 tbsp parsley, and 1 tbsp of paprika.
7. Stir the spices in then place everything in the fridge for 3 hrs.
8. Layer your pieces of lettuce on a serving dish then garnish the lettuce with the liver and some more parsley and paprika.
9. Enjoy.

Bacon Potatoes and Chicken



Prep Time: 15 mins



Total Time: 1 hr 45 mins

Servings per Recipe: 4

Calories 23.7 g

Fat 52.4g

Carbohydrates 65.2 g

Protein 1190 mg

Cholesterol 938 mg

Sodium 23.7 g

Ingredients

3 slices bacon
1 (3 lb) whole chicken, cut into pieces
1 tsp salt
1 tsp ground black pepper
2 onions, diced
1 tbsp paprika
1 tsp caraway seeds

4 potatoes, cut into large chunks
1/2 C. sour cream
1/4 C. diced fresh parsley
1 tbsp garlic powder

Directions

1. Fry your bacon for 12 mins then place the bacon to the side and break everything into pieces.
2. Keep about 2 tbsp of drippings in the pan and throw away the rest. Coat your chicken with some pepper and salt and fry the chicken in the bacon drippings for 12 mins with high heat.
3. Now remove the chicken from the pan.
4. Begin to stir fry your onions for 7 mins in the same pan, set the heat to low, and add in the caraway seeds and paprika.
5. Stir the spices into the onions and add the chicken back in.
6. Place a lid on the pot and let the chicken cook for 30 mins with a low level of heat.
7. Now combine in the potatoes and place the lid back on the pot.
8. Continue cooking the mix for 30 more mins then place everything in a serving dish.
9. Add the garlic powder, parsley, and sour cream to the pan and stir the mix until it is smooth for 4 mins then top the chicken with it.
10. Garnish everything with the bacon.
11. Enjoy.

HUNGARIAN Cream Cheese Cookies



Prep Time: 15 mins



Total Time: 8 hrs 25 mins

Servings per Recipe: 36

Calories 289 kcal

Fat 23 g

Carbohydrates 18.3g

Protein 4.4 g

Cholesterol 41 mg

Sodium 111 mg

Ingredients

1 lb butter, softened

1 lb cream cheese, softened

4 C. sifted all-purpose flour

1 lb walnuts, ground

1 C. white sugar

2 tbsps milk, or more as needed

Directions

1. Get a bowl and with a stand mixer combine your cream and butter until it is frothy.
2. Slowly mix in 2 C. of flour to form a dough.
3. Now combine in the rest of the flour (2 C.) with your hands.
4. Shape the dough into a ball then place everything into a bowl.
5. Place a covering of plastic on the bowl and put everything in the fridge for 8 hrs.
6. Now set your oven to 375 degrees before doing anything else.
7. Get a bowl, combine: sugar and walnuts.
8. Add the milk to the mix and stir everything until it is creamy.
9. Knead your dough on a cutting board coated with flour, for 5 mins, then roll out the dough and cut it into two inch squares.
10. Top each square with 1 tsp of walnut mix and place everything on a cookie sheet.
11. Cook everything in the oven for 13 mins.
12. Enjoy.

Vegetable Hungarian Stew



Prep Time: 10 mins



Total Time: 1 hr 10 mins

Servings per Recipe: 3

Calories 1014 kcal

Fat 20.5 g

Carbohydrates 140.1g

Protein 80.4 g

Cholesterol 162 mg

Sodium 2064 mg

Ingredients

- 3 tbsps olive oil
- 1 onion, diced
- 2 tbsps Hungarian sweet paprika
- 8 oz. textured vegetable protein
- 1 green bell pepper, diced
- 5 C. vegetable broth
- 4 large potatoes, diced
- 2 large carrots, diced
- 1 tomato, diced
- 1/2 tsp salt
- 1/2 tsp ground black pepper
- 2 tbsps diced fresh parsley
- 1 egg
- 1 C. all-purpose flour
- 1/2 tsp salt
- 2 tbsps water as needed

Directions

1. Stir fry your onions in oil until they are soft then combine in: green peppers, veggie protein, and paprika. Stir the mix to coat the veggie protein with the spice.
2. Now add in the parsley, broth, black pepper, potatoes, half tsp salt, carrots, and tomato.
3. Get everything boiling, place a lid on the pot, set the heat to low, and let the mix gently boil until the potatoes are almost soft.
4. Get a bowl, combine: 1/2 tsp salt, egg, and flour. Add some water just to make the mix smooth then place the dough on a plate.
5. Drop tsp dollops of the mix into the soup as it cooks.
6. Continue adding dumplings to the soup until all the dough has been combined in.
7. Let the mix continue to gently boil until the veggies are soft.
8. Enjoy.

POTATO and Coconut Dessert



Prep Time: 10 mins



Total Time: 10 mins

Servings per Recipe: 24

Calories 71 kcal

Fat 1.8 g

Carbohydrates 13.3g

Protein 0.6 g

Cholesterol < 1 mg

Sodium < 45 mg

Ingredients

1 1/4 C. mashed potatoes

1 1/4 C. confectioners' sugar

2 tbsps unsweetened cocoa powder

1/4 C. lemon juice

2 tbsps rum flavored extract

1/2 C. raisins

1 1/4 C. flaked coconut

1 tsp lemon zest

1/4 C. flaked coconut

Directions

1. Get a bowl, submerge your raisins in lemon juice and rum.
2. Get a 2nd bowl, combine: cocoa, mashed potatoes, and confectioners. Stir the mix then add in 1.25 C. of coconut and raisin mix.
3. Shape everything into balls then place them all in the fridge for 2 days.
4. Enjoy.

Maggie's Favorite Goulash



Prep Time: 20 mins



Total Time: 3 hrs 50 mins

Servings per Recipe: 6

Calories 339 kcal

Fat 15.7 g

Carbohydrates 29.1g

Protein 21.8 g

Cholesterol 58 mg

Sodium 84 mg

Ingredients

2 tbsps butter
2 large onions, diced
2 lbs flank steak
1/8 tsp caraway seed
1/4 tsp dried marjoram
1 clove garlic, minced

5 tbsps paprika
2 C. water
4 large potatoes, peeled and cubed
salt and pepper to taste

Directions

1. Stir fry your onions in butter with high heat until they are tender then begin to brown your beef all over.
2. Add: the paprika, caraway, garlic, and marjoram.
3. Stir the spices into the meat then submerge everything in water.
4. Get the mix boiling, set the heat to low, and let the mix cook for 2.5 hrs.
5. Now add the potatoes and continue simmering the mix for 50 more mins then add some pepper and salt.
6. Enjoy.

HONEY Dessert



Prep Time: 30 mins

Total Time: 1 hr 20 mins

Servings per Recipe: 12

Calories 576 kcal

Fat 23.2 g

Carbohydrates 87.2g

Protein 6.7 g

Cholesterol 89 mg

Sodium 184 mg

Ingredients

- 4 C. all-purpose flour
- 1 1/2 tsps baking soda
- 1 C. confectioners' sugar
- 1/3 C. unsalted butter
- 2 eggs, beaten
- 1/4 C. honey, warmed
- 1/4 C. sour cream
- 2 C. confectioners' sugar
- 3/4 C. vanilla sugar
- 1/4 C. all-purpose flour
- 1 C. milk
- 1 C. unsalted butter
- 1/4 C. confectioners' sugar for dusting

Directions

1. Cover a cookie sheet with parchment paper then set your oven to 350 degrees before doing anything else.
2. Get a bowl, combine: 1 C. confectioners, 4 C. of flour, and baking soda. Add in a third of a C. of butter with a pastry blender or with your hands, make a crumbly mix. Then add in the sour cream, honey, and eggs. Work the mix until it becomes a dough.
3. Break the dough into 4 pieces then shape each into a rectangle.
4. Lay everything on the cookie sheet and cook it in the oven for 17 mins.
5. Now begin to heat and stir 1/4 C. flour, 2 C. confectioners, vanilla sugar, and sugar.
6. Begin to stir the mix and slowly add in your milk.
7. Continue heating and stirring the mix until it is thick. Then shut the heat add in the butter.
8. Top one piece of pastry with one third of the sweet sauce, then lay another piece of pastry.
9. Top this layer with more sauce and continue doing this until all the sauce has been used.
10. Coat everything with confectioners.
11. Enjoy.

Easy Hungarian Goulash



Prep Time: 25 mins



Total Time: 2 hrs 15 mins

Servings per Recipe: 6

Calories 351 kcal

Fat 20.4 g

Carbohydrates 15.5g

Protein 27.1 g

Cholesterol 46 mg

Sodium 1590 mg

Ingredients

- 1/4 C. vegetable oil
- 2 C. diced onion
- 3 green bell peppers, diced
- 3 tbsps tomato paste
- 1 lb lean top sirloin beef - cut into 1 inch cubes
- 1 pinch cayenne pepper
- 1 tsp paprika
- 2 cloves garlic, minced
- 1/2 tsp salt
- 6 C. beef broth
- 1 tbsp lemon juice
- 1/4 tsp caraway seeds
- 1 C. sour cream (optional)

Directions

1. Stir fry your onions in veggie oil for 7 mins then stir in the tomato paste and green peppers.
2. Place a lid on the pan, set the heat to low, and let the mix cook for 12 mins.
3. Now add the beef to the pan along with: the lemon juice, cayenne, broth, paprika, caraway seeds, salt, and garlic.
4. Let the mix gently boil for 90 mins.
5. Once the mix has cooled off a bit add in your sour cream and stir everything. Enjoy.

BEEF and Pepper Bake



Prep Time: 30 mins



Total Time: 2 hrs

Servings per Recipe: 9

Calories 341 kcal

Fat 16.2 g

Carbohydrates 26.2g

Protein 23.7 g

Cholesterol 87 mg

Sodium 295 mg

Ingredients

9 yellow bell peppers
1/2 C. uncooked white rice
2 lbs lean ground beef
1 egg
1 onion, diced
salt and pepper to taste

2 (12 fluid oz.) cans tomato juice
1/2 C. sour cream
1 tbsp all-purpose flour

Directions

1. Slice off the top portion of the peppers then remove the insides.
2. Get your rice boiling in water for 2 mins, then shut the heat and remove the liquid.
3. Get a bowl, combine: pepper, rice, salt, beef, onion, and eggs.
4. Evenly divide the beef mix between your peppers then place the stuffed peppers into a large pot. Add your tomato juice to the pot, place a lid on the pot and gently boil the peppers for 1.5 hrs, with a low level of heat.
5. Get a 2nd bowl combine flour and sour cream.
6. Add in 1 C. of the tomato mix then add it back to the pot.
7. Continue gently boiling everything for 7 more mins.
8. Enjoy.

Sausage and Pepper Bake



Prep Time: 15 mins



Total Time: 35 mins

Servings per Recipe: 6

Calories 243 kcal

Fat 20.6 g

Carbohydrates 8.1g

Protein 7 g

Cholesterol 54 mg

Sodium 1041 mg

Ingredients

- 1/3 C. ground Italian sausage
- 1 (8 oz.) package cream cheese, softened
- 3/4 tbsp garlic salt
- 3 tbsps grated Romano cheese
- 1 tsp dried oregano
- 1 tsp dried basil
- 1/3 C. Italian - style dry bread crumbs
- 1 tbsp olive oil
- 6 Hungarian hot peppers, cored and seeded

Directions

1. Fry your sausage until fully done then break the meat into pieces.
2. Now set your oven to 350 degrees before doing anything else.
3. Get a bowl, combine: olive oil, sausage, bread crumbs, cream cheese, basil, garlic salt, oregano, and Romano.
4. Fill your peppers with the mix and place everything on a cookie sheet and cook the peppers in the oven for 22 mins.
5. Enjoy.





HUNGARIAN Stew



Prep Time: 10 mins

Total Time: 40 mins

Servings per Recipe: 4

Calories 415 kcal

Fat 21.6 g

Carbohydrates 40.7g

Protein 16 g

Cholesterol 208 mg

Sodium 649 mg

Ingredients



3 tbsps olive oil
2 lbs green bell peppers, seeded and cubed
1 onion, diced
2 (14.5 oz.) cans diced tomatoes
salt and pepper to taste

1/4 C. paprika
6 eggs
4 slices rye bread

Directions

1. Stir fry your green pepper, and onions in olive oil for 12 mins then combine in the paprika, pepper, salt, and tomatoes.
2. Continue frying the mix for 12 more mins.
3. Get a bowl to beat your eggs in it.
4. Make some space in your pan then add in the eggs in the new space.
5. Let the eggs get slightly set then once they are almost done cooking stir the mix, and cook everything 6 more mins.
6. Enjoy with some toasted bread.

Hungarian Bread Spice

 Prep Time: 10 mins
 Total Time: 1 hr

Servings per Recipe: 16

Calories	152 kcal
Fat	10 g
Carbohydrates	13.5g
Protein	3.8 g
Cholesterol	22 mg
Sodium	50 mg

Ingredients

1/2 lb poppy seeds
1 C. milk
1/4 C. margarine
3/4 C. white sugar

1 pinch salt
2 eggs, beaten

Directions

1. Get a mortar and pestle and mash your poppy seeds.
2. With a low level of heat combine and stir the following: sugar, margarine, and milk.
3. Stir the mix until it is smooth then combine half of it with the whisked eggs in a bowl and add the egg mix back into the pot.
4. Keep heating the mix and stirring it until everything is thick then add in the poppy seeds.
5. Enjoy.
6. NOTE : Use this mix for any dough to give it a unique taste.

MUSTARD and Paprika Chicken



Prep Time: 20 mins

Total Time: 40 mins

Servings per Recipe: 4

Calories 468 kcal

Fat 12.9 g

Carbohydrates 54.7g

Protein 35.6 g

Cholesterol 207 mg

Sodium 203 mg

Ingredients

4 skinless, boneless chicken breast
halves - flattened to 1/2 inch thickness

3 eggs

2 tbsps Hungarian paprika, divided

2 tbsps prepared yellow mustard

salt and pepper to taste

2 C. matzo meal

1 C. oil for frying

Directions

1. Get a bowl, combine: pepper, eggs, salt, 1 tbsp of paprika, and mustard.
2. Get a 2nd bowl combine: matzo meal and paprika.
3. Coat your chicken first with eggs then with the dry mix and fry the pieces of chicken in hot oil for 6 mins.
4. Flip the chicken and continue frying everything for 6 more mins.
5. Enjoy.

Hungarian Chicken



Prep Time: 30 mins



Total Time: 1 hr

Servings per Recipe: 4

Calories 961 kcal

Fat 54 g

Carbohydrates 69.2g

Protein 47.4 g

Cholesterol 323 mg

Sodium 11745 mg

Ingredients

- 3 eggs, beaten
- 1/2 C. water
- 2 1/2 C. all-purpose flour
- 2 tsps salt
- 1/4 C. butter
- 1 1/2 lbs bone-in chicken pieces, with skin
- 1 medium onion, diced
- 1 1/2 C. water
- 1 tbsp paprika
- 1/2 tsp salt
- 1 tsp ground black pepper
- 2 tsps all-purpose flour
- 1 C. sour cream

Directions

1. Get a saucepan of water boiling.
2. Get a bowl, combine: half C. water, eggs, and 2 tsp of salt. Then slowly add in 2.5 C. of flour.
3. Drop dollops of the mix into the boiling water and cook it for 12 mins until they begin to float then place the dumplings in a colander.
4. Cook 3 to 4 dumplings at a time.
5. Begin to brown your chicken, in butter, in a frying pan, on both sides then add in the onions and continue frying everything for 7 more mins.
6. Add in 1.5 C. of water: pepper, salt, and paprika.
7. Stir the mix then let everything continue to fry for 12 mins.
8. Once the chicken is fully done remove the chicken from the pan.
9. Add in the sour cream and 2 tsps of flour to the onions.
10. Stir the heat the mix until it is simmering.
11. Continue simmering the mix until everything is thick then add your dumplings to the sour cream mix and serve it with the chicken.
12. Enjoy.

VINEGAR Salad



Prep Time: 15 mins



Total Time: 15 mins

Servings per Recipe: 6

Calories 98 kcal

Fat 7 g

Carbohydrates 8.9g

Protein 1.3 g

Cholesterol 0 mg

Sodium 393 mg

Ingredients

2 large seedless English cucumbers,
sliced thin

1 extra large onions, sliced thin

1/4 C. diced fresh dill

3 tbsps white vinegar

3 tbsps vegetable oil

1 tsp salt, or to taste

1/2 tsp ground black pepper, or to taste

Directions

1. Get a bowl combine: dill, onions, and cucumbers.
2. Add in the vinegar and stir everything. Then add in the oil, some pepper, some salt, and stir the mix again.
3. Enjoy.

Paprika Fish



Prep Time: 10 mins



Total Time: 1 hr 20 mins

Servings per Recipe: 2

Calories 234 kcal

Fat 10.8 g

Carbohydrates 2.5g

Protein < 31.1 g

Cholesterol 92 mg

Sodium 284 mg

Ingredients

1 whole trout, cleaned
2 tsps lemon juice
1 tsp vegetable oil
1 tsp ground cumin
1 tsp chili powder
1 tsp spicy Hungarian paprika

1/4 tsp ground black pepper
1 pinch salt
cooking spray

Directions

1. Cut some incisions into your fish on all sides.
2. Get a bowl, combine: salt, lemon juice, black pepper, veggie oil, paprika, cumin, and chili powder.
3. Stir the mix into a topping then coat your fish with it.
4. Place the fish on a platter and place a covering of plastic around everything.
5. Put the fish in the fridge for 60 mins.
6. Now get your outdoor grill hot then coat the grate with oil.
7. Wrap the fish in some foil and place it on the grill for 6 mins each side.
8. Enjoy.

CZECH Pancakes



Prep Time: 30 mins



Total Time: 1 hr

Servings per Recipe: 3

Calories 527 kcal

Fat 11.1 g

Carbohydrates 94.3g

Protein 15.1 g

Cholesterol 110 mg

Sodium 74 mg

Ingredients

4 large potatoes
3 cloves garlic, crushed
salt and black pepper to taste
1 pinch dried marjoram (optional)
2 tsps caraway seeds (optional)
2 eggs

1 tbsp milk
3 tbsps all-purpose flour
oil for frying

Directions

1. Remove the skins from your potatoes and grate them.
2. Place everything in a bowl with: the caraway seeds, crushed garlic, marjoram, salt, and pepper.
3. Combine your milk and eggs until they are smooth then pour the mix into the potatoes.
4. Slowly add in your flour to make a batter.
5. Get a quarter of an inch of olive oil hot then being to fry 1.4 C. of batter for 4 mins each side. Continue frying the potato pancakes in this manner.
6. Enjoy.

Hungary Pepper Salsa



Prep Time: 30 mins



Total Time: 8 hrs 30 mins

Servings per Recipe: 8

Calories 55 kcal

Fat 3.5 g

Carbohydrates 5.8g

Protein 0.7 g

Cholesterol 0 mg

Sodium 3 mg

Ingredients

2 medium heirloom tomatoes
1 C. fresh or frozen wild blueberries
3/4 C. diced sweet onion
2 cloves garlic, minced
2 tbsps rice vinegar
2 tbsps olive oil

1 jalapeno pepper, finely diced
1/2 Hungarian hot pepper, finely diced
2 tbsps diced fresh cilantro
2 tbsps diced Italian flat leaf parsley
salt and pepper to taste

Directions

1. Cut a few incisions into your tomatoes and boil them in water for 1 min. Then place them in a bowl of cold water.
2. Now remove the skins, cut them in half, and throw away the seeds.
3. Dice the tomatoes and place them in a bowl with: parsley, blue berries, cilantro, onions, Hungarian pepper, jalapenos, and garlic.
4. Stir the mix then add in the olive oil and rice vinegar. Then stir everything again.
5. Add in some pepper and salt and place a covering of plastic on the bowl.
6. Put everything in the fridge for 8 hrs. Enjoy.

HUNGARIAN Dump Dinner



Prep Time: 30 mins

Total Time: 5 hrs 40 mins

Servings per Recipe: 10

Calories 422 kcal

Fat 20.1 g

Carbohydrates 39.8g

Protein 21.3 g

Cholesterol 65 mg

Sodium 1056 mg

Ingredients

2 lbs ground beef
2 vine-ripened tomatoes, diced small
1 yellow bell peppers, diced
1 (20 oz.) can pineapple chunks, drained
1 (15.5 oz.) can black beans, drained
1 (11 oz.) can whole kernel corn,
drained
1 (12 oz.) can tomato paste
3/4 C. diced green onions
1 C. diced baby corn
1 1/4 C. hard apple cider
4 cloves garlic, minced
2 tbsps brown sugar
2 tsps salt
1 tbsp Hungarian sweet paprika
1 tsp ground black pepper
1 tbsp molasses
1/4 tsp ground ancho chile pepper
1/4 tsp dried sage
3/4 tsp curry powder
1 pinch ground cinnamon
1 1/2 tsps honey
1 tbsp white vinegar

Directions

1. Fry your beef until it is fully done then remove all the oils.
2. Now add the following to the crock pot of a slow cooker: vinegar, beef, honey, tomato, cinnamon, bell peppers, curry powder, pineapple, sage, beans, ancho pepper, kernel corn, molasses, tomato paste, pepper, onions, paprika, salt, baby corn, brown sugar, cider, and garlic.
3. Stir the mix a bit until it is evenly combined then place the lid on the slow cooker.
4. Cook everything for 5 hrs with a high level of heat.
5. Enjoy.

Dumplings from Hungary



Prep Time: 10 mins



Total Time: 15 mins

Servings per Recipe: 4

Calories 263.2

Fat 2.9g

Cholesterol 93.0mg

Sodium 328.7mg

Carbohydrates 47.8g

Protein 9.6g

Ingredients

2 eggs
1/2 tsp salt
3/4 C. water
2 C. all-purpose flour

1 large pot filled with salted boiling water
1 C. melted butter

Directions

1. Get a pot of water and salt boiling.
2. Now get a bowl, combine: water, salt, eggs.
3. Beat the mix until it is smooth then slowly add in your flour.
4. Work the mix until it becomes a dough then leave it for 12 mins.
5. Begin to knead the mix a bit for 2 more mins then drop tsp sized dollops in the boiling water.
6. Submerge the spoon in the water to get the dough to fall off easier.
7. Cook 4 dumplings at a time until they begin to float then place them in a bowl.
8. Once everything has been cooked add the dumplings to a skillet and sear them in some melted butter.
9. Enjoy.





EASTERN EUROPEAN Breakfast



Prep Time: 20 mins

Total Time: 20 mins

Servings per Recipe: 4

Calories 250.9

Fat 21.6g

Cholesterol 317.1mg

Sodium 526.1mg

Carbohydrates 4.0g

Protein 10.4g

Ingredients

5 tbsps butter

1 medium onion, diced

1 C. mushroom, sliced

6 eggs, beaten

1/2 tsp salt

1/2 tsp black pepper

1/2 tsp sweet paprika, Hungarian

Directions

1. Stir fry your onions in butter for 12 mins then add in the paprika and mushrooms.
2. Let the veggies cook for 7 mins then set the heat to low.
3. Get a bowl, combine: black pepper, salt, and eggs.
4. Pour this mix into the pan with the eggs then cook everything for 12 mins.
5. Get a spatula and lift a section of the eggs and let the uncooked eggs run underneath.
6. Continue cooking the omelet in this manner until it done.
7. Top the omelet with some green onions and sour cream.
8. Enjoy.

Rustic Roast



Prep Time: 15 mins

Total Time: 3 hrs 15 mins

Servings per Recipe: 6

Calories 543.9

Fat 26.5g

Cholesterol 169.6mg

Sodium 1443.6mg

Carbohydrates 27.3g

Protein 52.7g

Ingredients

3 lbs chuck roast or 3 lbs rump roast
1 tbsp paprika
2 tsps salt
1/4 tsp pepper
2 tsps vegetable oil
1/2 C. water
1 bay leaf
1 (4 oz.) cans sliced mushrooms, drained

8 -10 onions, small white
8 small carrots, cut or whole
2 tsps parsley, minced
2 (8 oz.) cans tomato sauce
1 C. sour cream
cooked small noodles or boiled potatoes

Directions

1. Coat your meat with pepper, salt, and paprika then brown it on all sides in a saucepan.
2. Add the bay leaf and also the water.
3. Place a lid on the pot and let the mix cook for 90 mins.
4. Add in the carrots, onions and mushrooms around the meat and then add in the tomato sauce.
5. Place the lid back on the pot and continue cooking everything for 1 hr with a low level of heat.
6. Now stir in the parsley and also the sour cream.
7. Enjoy.

TOMATO Ribs



Prep Time: 20 mins

Total Time: 2 hrs 20 mins

Servings per Recipe: 6

Calories	1451.3
Fat	116.8g
Cholesterol	264.6mg
Sodium	950.4mg
Carbohydrates	47.1g
Protein	50.4g



Ingredients

4 lbs short rib of beef
2 tbsps cooking oil
2 medium onions, sliced
1 (15 oz.) tomato sauce
1 C. water
1/4 C. brown sugar
1/4 C. vinegar
1 tsp salt
1 tsp dry mustard
1 tbsp Worcestershire sauce
4 1/2 C. medium noodles
1 C. water

Directions

1. Brown your ribs, in a saucepan, in oil. Place the ribs to the side and begin to stir fry your onions until tender. Now add the ribs back in.
2. Get a bowl, combine: Worcestershire, tomato sauce, mustard, 1 C. water, salt, brown sugar, and vinegar.
3. Stir the mix until it is smooth then top your ribs with it.
4. Get everything boiling then once it is, set the heat to low, and let the mix gently simmer for 2.5 hrs.
5. Now remove any fats then add in 1 more C. of water and the noodles.
6. Place a lid on the pot and let the mix gently boil for 17 more mins.
7. Enjoy.

Potatoes from Eastern Europe

 Prep Time: 10 mins
 Total Time: 40 mins

Servings per Recipe: 12

Calories 884.0

Fat 54.1g

Cholesterol 323.6mg

Sodium 1377.3mg

Carbohydrates 81.7g

Protein 20.4g

Ingredients

6 medium potatoes, cooked and sliced
1/2 C. melted butter or 1/2 C. margarine
4 large hard-boiled eggs, diced
2 C. sour cream, about 16 oz
1 1/2 tsps salt
1/4 tsp pepper
1 C. fine dry breadcrumb
1/2 C. green onion, diced
paprika

Directions

1. Set your oven to 350 degrees before doing anything else.
2. Get a bowl, combine: pepper, eggs, salt, and sour cream.
3. Add your melted butter to a baking dish then layer half of the following over it: sour cream mix, potatoes, bread crumbs, and green onions.
4. Layer everything again then top it all with the paprika.
5. Cook everything in the oven for 35 mins.
6. Enjoy.

HUNGARIAN Topping for Bread



Prep Time: 10 mins

Total Time: 10 mins

Servings per Recipe: 12

Calories 86.7

Fat 7.5g

Cholesterol 23.4mg

Sodium 190.7mg

Carbohydrates 1.4g

Protein 3.7g

Ingredients

8 oz. cream cheese
1 C. cottage cheese
3 tbsps capers
1 tsp caraway seed

1/2 tsp dry mustard
2 tsps paprika

Directions

1. Get a bowl, combine the following until it is creamy: paprika, cream cheese, dry mustard, cottage cheese, caraway seeds, and capers.
2. Place a covering of plastic on the bowl and put everything in the fridge for 8 hrs.
3. Serve the mix on some toasted rye bread.
4. Enjoy.

Mushrooms and Sour Cream Stew



Prep Time: 20 mins



Total Time: 1 hr 20 mins

Servings per Recipe: 12

Calories 558.5

Fat 19.3g

Cholesterol 242.8mg

Sodium 1034.3mg

Carbohydrates 4.4g

Protein 47.0g

Ingredients

3 slices bacon, diced, turkey
3 tbsps butter
1/2 C. sliced mushrooms
1/2 C. diced onion
2 lbs veal, cut in cubes
1/2 C. chicken broth

1 C. sour cream
1 tsp salt
1/2 tsp black pepper
1 tsp paprika

Directions

1. Set your oven to 250 degrees before doing anything else.
2. Begin to stir fry the following in butter: mushroom, bacon, and onions. Fry the mix until the bacon is done.
3. Now place the mix in a casserole dish and then begin to brown your veal in the bacon drippings.
4. Once the veal is browned all over place it in the casserole dish as well.
5. Pour in the broth to the pan and also add in: sour cream, salt, paprika, and pepper.
6. Get the mix boiling then add it to the casserole dish as well.
7. Place a covering of foil over everything and cook it all in the oven for 65 mins. Enjoy.

CLASSICAL

Hungarian Stew (Lecsó)



Prep Time: 25 mins



Total Time: 1 hr 10 mins

Servings per Recipe: 4

Calories 258.8 kcal

Fat 16.7g

Cholesterol 13.3mg

Sodium 206.2mg

Carbohydrates 23.2g

Protein 7.8g

Ingredients

1 large onion, diced

3 tbsps olive oil

7 green bell peppers

3 large peeled tomatoes, diced

3 cloves garlic, diced



1/2 tsp chili

1 chorizo sausage, sliced into thin rings

Directions

1. For 4 mins stir fry your garlic and onions in olive oil.
2. Then add in the chili and sausage and continue frying everything for 7 mins.
3. Now combine in the bell peppers, black pepper, and salt.
4. Set the heat to low then stir in the tomatoes.
5. Continue gently boiling the mix until you find that the peppers are soft.
6. Enjoy

Beef with Creamy Mushrooms (Jagerschnitzel)

 Prep Time: 15 mins
 Total Time: 40 mins

Servings per Recipe: 4
Calories 556 kcal
Fat 33.5 g
Carbohydrates 29.9 g
Protein 32.9 g
Cholesterol 157 mg
Sodium 683 mg

Ingredients

1 C. bread crumbs
1 tbsp all-purpose flour
salt and pepper to taste
2 tbsps vegetable oil
4 beef steaks or cutlets, flattened thin
1 egg, beaten
1 medium onion, diced
1 (8 oz.) can sliced mushrooms
1 1/2 C. water
1 cube beef bouillon
1 tbsp cornstarch
1/2 C. sour cream

Directions

1. Get a bowl, combine: flour and bread crumbs.
2. Get a 2nd bowl for your eggs.
3. Coat your pieces of beef first with the eggs then with the dry mix.
4. Begin to fry your beef for 6 mins each side then remove them from the pan.
5. Add the mushrooms and onions to the pan and begin to fry them until the onions become see through and the mushrooms begin to sweat. Now add the water and the beef cube.
6. Stir the mix until the cube fully dissolves in the water. Then let the mix simmer for 22 mins.
7. Combine your sour cream and cornstarch together then add it to the simmering mushroom sauce.
8. Stir the mix and let the contents continue to simmer over low heat for 2 more mins.
9. Liberally top your beef with the mushroom sauce.
10. Enjoy.

DUMPLINGS in Germany I (Spaetzle)



Prep Time: 10 mins



Total Time: 1 hr 10 mins

Servings per Recipe: 6

Calories 141 kcal

Fat 6 g

Carbohydrates 16.8g

Protein 4.7 g

Cholesterol 73 mg

Sodium 269 mg

Ingredients

- | | |
|-------------------------------------|-------------------------------|
| 1 C. all-purpose flour | 1/2 tsp salt |
| 1/4 C. milk | 1 gallon hot water |
| 2 eggs | 2 tbsps butter |
| 1/2 tsp ground nutmeg | 2 tbsps chopped fresh parsley |
| 1 pinch freshly ground white pepper | |

Directions

1. Get a bowl, combine: nutmeg, whisked eggs, flour, milk, white pepper, and salt.
2. Form a dough from this mix.
3. Now press the dough through a cheese grater or through a sieve with large holes.
4. Cook the dumplings in hot oil for 9 mins.
5. Then place them on some paper towel.
6. Continue frying in batches until everything has been cooked.
7. Now take all your German dumplings and stir fry them in butter before topping with parsley. Enjoy.

Dumplings in Germany II (Semmelknoedel)



Prep Time: 30 mins



Total Time: 50 mins

Servings per Recipe: 4

Calories 506 kcal

Fat 12.3 g

Carbohydrates 78.8g

Protein 20.5 g

Cholesterol 113 mg

Sodium 1220 mg

Ingredients

1 (1 lb) loaf stale French bread, cut into 1 inch cubes
1 C. milk
2 tbsps butter
1 onion, finely chopped
1 tbsp chopped fresh parsley

2 eggs
1/2 tsp salt
1 pinch ground black pepper
1/2 C. dry bread crumbs (optional)

Directions

1. Get your milk simmering in a pot.
2. Get a bowl, combine: hot milk and bread.
3. Let the bread stand for 17 mins.
4. At the same time, stir fry your onions in butter, until soft, then add the parsley, and cook the mix for 2 more mins.
5. Add this to the bread and also add: pepper, salt, and beaten eggs.
6. Now, using your hands, form the bread into a dough.
7. Get 5 inches of water and salt boiling.
8. Form a golf ball sized dumpling and place it in the boiling water.
9. If the dumpling breaks apart while boiling add more bread to the dough and mix it all again.
10. Otherwise divide your dough into golf ball sized dumplings and cook everything in the water for 22 mins.
11. Enjoy.





CABBAGE and Apples



Prep Time: 20 mins



Total Time: 1 hr 50 mins

Servings per Recipe: 4

Calories 148 kcal

Fat 6 g

Carbohydrates 23.6g

Protein 1.4 g

Cholesterol 15 mg

Sodium 1375 mg

Ingredients

2 tbsps butter
5 C. shredded red cabbage
1 C. sliced green apples
1/3 C. apple cider vinegar
3 tbsps water

1/4 C. white sugar
2 1/4 tsps salt
1/4 tsp black pepper
1/4 tsp ground cloves

Directions

1. Get the following boiling: pepper, butter, salt, cabbage, water, apples, cloves, vinegar, and sugar.
2. Once the mix is boiling, place a lid on the pot, set the heat to a low level, and let everything cook for 2 hours with a gentle simmer.
3. Enjoy.

Beef Rolls of Bacon, Onions, and Pickles (Rouladen)



Prep Time: 20 mins



Total Time: 1 hr 30 mins

Servings per Recipe: 6

Calories 264 kcal

Fat 17.4 g

Carbohydrates 7.7g

Protein 19.1 g

Cholesterol 59 mg

Sodium 1450 mg

Ingredients

1 1/2 lbs flank steak, 1/4 inch filets, 3 inches in width
German stone ground mustard, to taste
1/2 lb thick sliced bacon
2 large onions, sliced
1 (16 oz.) jar dill pickle slices
2 tbsps butter
2 1/2 C. water

1 cube beef bouillon

Directions

1. Top each piece of steak with mustard then layer: onions, pickles, and bacon on each.
2. Shape the filet into a roll then place a toothpick in each to preserve the structure.
3. Brown your steaks in butter then add in 2.5 C. of water and bouillon.
4. Mix the bouillon and water together and then gently boil the rolls for 60 mins with a low level of heat.
5. Enjoy.

EASTERN EUROPEAN Meat Pastries



Prep Time: 20 mins



Total Time: 45 mins

Servings per Recipe: 6

Calories 674 kcal

Fat 42.3 g

Carbohydrates 32.5g

Protein 37.1 g

Cholesterol 114 mg

Sodium 894 mg

Ingredients

1/2 C. chopped onion

1 1/2 lbs lean ground beef

1 (16 oz.) can sauerkraut, drained and pressed dry

2 (8 oz.) cans refrigerated crescent rolls

1 (8 oz.) package shredded Cheddar cheese

Directions

1. Set your oven to 350 degrees before doing anything else.
2. Stir fry your beef and onions until the beef is fully done then remove all the excess oils before adding in your sauerkraut.
3. Get everything hot and then shut the heat.
4. Flatten your rolls and then place them into a casserole dish.
5. Top the rolls with the onion mix and then layer the 2nd piece of dough on top.
6. Crimp the edges of the two layers of dough together then top everything with some cheese.
7. Cook the dish in the oven for 27 mins.
8. Enjoy.

Fish and Chips



Prep Time: 13 hrs

Total Time: 13 hrs 45 mins

Servings per Recipe: 1

Calories 41.4

Fat 0.4g

Cholesterol 23.6mg

Sodium 669.7mg

Carbohydrates 2.3g

Protein 6.5g

Ingredients

- 1 1/4 lbs salt cod fish
- 5 C. unsalted potatoes (riced or finely mashed)
- 1/2 C. finely chopped onion
- 1/3 C. finely chopped fresh parsley
- 4 tsp lemon juice
- 1/4 tsp nutmeg
- 1/4 tsp pepper
- 3 eggs, beaten
- oil (for deep frying)

Directions

1. Rinse and soak the cod for about 12 hours or overnight in several changes of cold water, then drain well
2. In a pan of water, add the cod and bring to a boil.
3. Simmer for about 15 minutes and drain well, then keep aside to cool completely.
4. Discard the skin and bones.
5. In a food processor, add the cod and pulse till shredded finely.
6. In a bowl, add the shredded cod and remaining ingredients except the oil and mix till well combined.
7. With a dessert spoon, place a heaping spoon full of cod mixture.
8. With a second dessert spoon place the mixture over the first press and form a rounded oval allowing excess to fall back into the bowl.
9. Arrange onto a large tray and repeat with the remaining mixture.
10. Serve alongside the lemon and olives.

TRADITIONAL Tomato Tapas



Prep Time: 30 mins



Total Time: 30 mins

Servings per Recipe: 6

Calories 53.3

Fat 2.6g

Cholesterol 105.7mg

Sodium 39.9mg

Carbohydrates 3.8g

Protein 3.9g



Ingredients

6 small tomatoes
3 eggs, hard-boiled, mashed
4 tbsp aioli
salt, pepper
1 tbsp parsley, chopped
olive oil

Directions

1. Cut the tops off the tomatoes.
2. Remove the core and seeds of the tomatoes with a spoon.
3. In a bowl, mix together the parsley, eggs, aioli, salt and black pepper.
4. Stuff the tomatoes with the parsley mixture and cover with the top slice.
5. Drizzle with some olive oil and sprinkle with the black pepper.

Saucy Red Potatoes

 Prep Time: 15 mins
 Total Time: 55 mins

Servings per Recipe: 1

Calories	184.6
Fat	11.5g
Cholesterol	0.0mg
Sodium	154.4mg
Carbohydrates	19.4g
Protein	2.2g

Ingredients

SPICY TOMATO SAUCE

1 tbsp olive oil
1 C. chopped onion
2 garlic cloves, minced
1 (14 1/2 oz.) cans diced tomatoes
1/2 tsp crushed red pepper flakes

POTATOES

1/4 C. olive oil
1 lb red potatoes, peeled and cut into 1-inch cubes
sea salt

Directions

1. Set your oven to 400 degrees F before doing anything else.
2. In a small pan, heat the oil on medium heat and sauté the onion and garlic for about 10 minutes.
3. Stir in the red pepper flakes and tomatoes and simmer, covered for about 20 minutes.
4. In a skillet, heat the oil on medium heat and cook, stirring occasionally till golden brown.
5. Transfer the potato slices onto a paper towel lined plate to drain.
6. Transfer the potatoes onto a baking sheet and cook in the oven for about 10 minutes.
7. Serve immediately with a sprinkling of the salt alongside the tomato sauce.

MASCARPONE and Figs



Prep Time: 5 mins

Total Time: 5 mins

Servings per Recipe: 2

Calories 55.5

Fat 0.2g

Cholesterol 0.0mg

Sodium 78.2mg

Carbohydrates 14.3g

Protein 0.5g

Ingredients

3 fresh figs, halved

3 tsp mascarpone cheese

1/2 tbsp agave syrup (may substitute
honey)

1 pinch salt

1 pinch nutmeg (optional)

Directions

1. Place about 1/2 tsp of the cheese over each fig half.
2. Drizzle with the honey evenly and sprinkle with a pinch of salt and nutmeg.

Authentic Eggplant Parmesan



Prep Time: 25 mins



Total Time: 1 hr

Servings per Recipe: 10

Calories 487 kcal

Fat 16 g

Carbohydrates 62.1g

Protein 24.2 g

Cholesterol 73 mg

Sodium 1663 mg

Ingredients

3 eggplant, peeled and thinly sliced
2 eggs, beaten
4 C. Italian seasoned bread crumbs
6 C. spaghetti sauce, divided
1 (16 oz.) package mozzarella cheese,
shredded and divided

1/2 C. grated Parmesan cheese, divided
1/2 tsp dried basil

Directions

1. Set your oven to 350 degrees before doing anything else.
2. Coat your pieces of eggplant with egg then with bread crumbs.
3. Now lay the veggies on a cookie sheet and cook them in the oven for 6 mins. Flip the eggplants and cook them for 6 more mins.
4. Coat the bottom of a casserole dish with pasta sauce then layer some of your eggplants in the dish.
5. Top the veggies with some parmesan and mozzarella then layer your eggplants, sauce, and cheese.
6. Continue this pattern until all the ingredients have been used up.
7. Finally coat the layer with some basil and cook everything in the oven for 40 mins. Enjoy.

CLASSICAL Risotto



Prep Time: 20 mins



Total Time: 50 mins

Servings per Recipe: 6

Calories 431 kcal

Fat 16.6 g

Carbohydrates 56.6g

Protein 11.3 g

Cholesterol 29 mg

Sodium 1131 mg

Ingredients

- 6 C. chicken broth, divided
- 3 tbsps olive oil, divided
- 1 lb portobello mushrooms, thinly sliced
- 1 lb white mushrooms, thinly sliced
- 2 shallots, diced
- 1 1/2 C. Arborio rice
- 1/2 C. dry white wine
- sea salt to taste
- freshly ground black pepper to taste
- 3 tbsps finely diced chives
- 4 tbsps butter
- 1/3 C. freshly grated Parmesan cheese

Directions

1. Get your broth warm with a low level of heat. Then begin to stir fry your mushrooms in 2 tbsp of olive oil for 4 mins.
2. Now remove everything from the pot and add in 1 more tbsp of olive oil and begin to fry your shallots in it for 2 mins then add in the rice and stir fry it for 3 mins.
3. Pour in the wine while continuing to stir, and keep stirring, until it is absorbed.
4. Once the wine has been absorbed combine in half a C. of broth and keep stirring until it is absorbed as well.
5. Now for about 20 mins keep pouring in half a C. of broth and stirring the mix until the broth is absorbed by the rice.
6. After 20 mins of forming the risotto, shut the heat and combine in: the parmesan, pepper, mushrooms and their juice, chives, salt, and butter.
7. Enjoy.

Tortellini Classico



Prep Time: 20 mins



Total Time: 1 hr 35 mins

Servings per Recipe: 8

Calories 324 kcal

Fat 20.2 g

Carbohydrates 19.1g

Protein 14.6 g

Cholesterol 50 mg

Sodium 1145 mg

Ingredients

- | | |
|---|------------------------------------|
| 1 lb sweet Italian sausage, casings removed | 1/2 tbsp packed fresh basil leaves |
| 1 C. diced onion | 1/2 tsp dried oregano |
| 2 cloves garlic, minced | 1 (8 oz.) can tomato sauce |
| 5 C. beef broth | 1 1/2 C. sliced zucchini |
| 1/2 C. water | 8 oz. fresh tortellini pasta |
| 1/2 C. red wine | 3 tbsps diced fresh parsley |
| 4 large tomatoes - peeled, seeded and diced | |
| 1 C. thinly sliced carrots | |

Directions

1. In a large pot brown your sausage all over.
2. Then remove the meat from the pan.
3. Begin to stir fry your garlic and onions in the drippings then add in: the sausage, broth, tomato sauce, water, oregano, wine, basil, tomatoes, and carrots.
4. Get the mix boiling, set the heat to low, and let everything cook for 35 mins.
5. Remove any fat which rises to the top then add in the parsley and zucchini.
6. Continue cooking the mix for 20 more mins before adding in the pasta and letting everything cooking 15 more mins.
7. When serving the dish top it with parmesan.
8. Enjoy.





AUTHENTIC Meatball Sub



Prep Time: 15 mins



Total Time: 1 hr 40 mins

Servings per Recipe: 6

Calories 491 kcal

Fat 21.4 g

Carbohydrates 43.1g

Protein 29.3 g

Cholesterol 75 mg

Sodium 1068 mg

Ingredients

- 1 1/2 lbs lean ground beef
- 1/3 C. Italian seasoned bread crumbs
- 1/2 small onion, diced
- 1 tsp salt
- 1/2 C. shredded mozzarella cheese, divided
- 1 tbsp cracked black pepper
- 1 tsp garlic powder
- 1/2 C. marinara sauce
- 3 hoagie rolls, split lengthwise

Directions

1. Set your oven to 350 degrees before doing anything else.
2. Get a bowl, combine: 1/2 of the mozzarella, beef, garlic powder, bread crumbs, pepper, onions, and salt.
3. Shape the mix into a large loaf then place it in a casserole dish.
4. Cook the meat in the oven for 55 mins then let it cool for 10 mins.
5. Cut the meat into slices then layer the pieces of meat on a roll.
6. Top everything with the marinara then add a topping of cheese.
7. Cover the sandwich with some foil and put everything in the oven for 20 more mins. Let the sandwich cool for 20 mins then cut each one in half.

Easy Restaurant Style Clams



Prep Time: 15 mins



Total Time: 30 mins

Servings per Recipe: 6

Calories 227 kcal

Fat 15.7 g

Carbohydrates 4.4g

Protein 3.2 g

Cholesterol 47 mg

Sodium 126 mg

Ingredients

1/2 C. butter
5 cloves garlic, minced
2 C. dry white wine
1 tbsp dried oregano
1 tbsp dried parsley

1 tsp crushed red pepper flakes (optional)
36 clams in shell, scrubbed

Directions

1. Stir fry your garlic in butter for 60 secs then add in the pepper flakes, wine, parsley, and oregano.
2. Stir the mix then add in the clams.
3. Place a lid on the pan and let everything cook until the clams have opened.
4. Divide the mix between serving bowls.
5. Enjoy.

SALAD

of Cucumbers and Onions



Prep Time: 20 mins



Total Time: 8 hrs 50 mins

Servings per Recipe: 8

Calories 60 kcal

Fat 3.1 g

Carbohydrates 7.9g

Protein 1.1 g

Cholesterol 6 mg

Sodium 301 mg

Ingredients

2 large cucumbers, sliced thin
1/2 onion, sliced thin (optional)
1 tsp salt
1/2 C. sour cream
2 tbsps white sugar
2 tbsps white vinegar
1 tsp dried dill

1 tsp dried parsley
1 tsp paprika

Directions

1. Get a bowl, combine: onions, cucumbers, and salt.
2. Leave this mix in the fridge for 40 mins. Then add in: parsley, sour cream, dill, vinegar, and sugar.
3. Place a covering of plastic around the dish and let it sit in the fridge throughout the night.
4. Serve with some paprika. Enjoy.

Beef Hash



Prep Time: 30 mins



Total Time: 1 hr 10 mins

Servings per Recipe: 8

Calories 320 kcal

Fat 14.1 g

Carbohydrates 24.6 g

Protein 24.7 g

Cholesterol 81 mg

Sodium 1608 mg

Ingredients

2 tbsps butter
2 tbsps extra-virgin olive oil
1 large onion, diced
5 large Yukon Gold potatoes, peeled and cut into 1/4-inch cubes
1 large carrot, coarsely shredded
2 lbs cooked corned beef, cubed

2 tbsps diced fresh parsley
1/4 tsp dried thyme leaves
salt to taste (optional)
1/2 tsp ground black pepper, or to taste

Directions

1. Stir fry your onions in melted butter for 19 mins.
2. Now combine in your carrots and potatoes. Cook everything for 16 more mins. Stir the mix every 5 mins.
3. Add some pepper, thyme, salt, parsley, and your corned beef.
4. Cook for another 16 mins with a medium to low heating level.
5. Enjoy.

CABBAGE, Potatoes, and Leeks



Prep Time: 10 mins



Total Time: 1 hr 10 mins

Servings per Recipe: 5

Calories 302 kcal

Fat 19.7 g

Carbohydrates 28.6g

Protein 5.3 g

Cholesterol 53 mg

Sodium 180 mg

Ingredients

1 lb cabbage

1 lb potatoes

2 leeks

1 C. milk

salt and pepper to taste



1 pinch ground mace

1/2 C. butter

Directions

1. Boil your cabbage until it is soft. Then boil your potatoes until they are soft as well. Remove all the remaining liquid and shut off the heat.
2. Cut up all your leeks and then lightly boil them in milk until tender.
3. Add some salt to your potatoes then mash them and add in your milk and leeks.
4. Add the cabbage and warm the mix until it is a light green color.
5. Finally mix in your butter and enjoy.

Potatoes, Leeks, and Cabbage II

 Prep Time: 20 mins
 Total Time: 40 mins

Servings per Recipe: 8

Calories	250 kcal
Fat	12.6 g
Carbohydrates	29.8g
Protein	5.8 g
Cholesterol	26 mg
Sodium	217 mg

Ingredients

2 1/2 lbs potatoes, peeled and cubed	salt and pepper to taste
4 slices bacon	1/4 C. butter, melted
1/2 small head cabbage, diced	
1 large onion, diced	
1/2 C. milk	

Directions

1. Cover your potatoes in water and then boil; them for 22 mins. Remove all the water.
2. Add in your milk and mash the potatoes. Then finally season the mash with some pepper and salt.
3. Fry your bacon in a separate pan and then save the liquid fat, and break apart the bacon. Place everything to the side.
4. Cook your onions and cabbage in the bacon fat.
5. Mix the onions and cabbage once they have finished cooking with the mashes potatoes.
6. Put everything in a serving bowl and then add in your melted butter and mix everything evenly.
7. Enjoy.

CLASSICAL Gazpacho



Prep Time: 20 mins



Total Time: 2 hrs 20 mins

Servings per Recipe: 10

Calories 39 kcal

Fat 0.2 g

Carbohydrates < 9.2g

Protein 1.6 g

Cholesterol 0 mg

Sodium 305 mg



Ingredients

- 4 C. tomato juice
- 1 onion, diced
- 1 green bell pepper, diced
- 1 cucumber, chopped
- 2 C. chopped tomatoes
- 2 green onions, chopped
- 1 clove garlic, diced
- 3 tbsps fresh lemon juice
- 2 tbsps red wine vinegar
- 1 tsp dried tarragon
- 1 tsp dried basil
- 1/4 C. chopped fresh parsley
- 1 tsp white sugar
- salt and pepper to taste

Directions

1. Add the following to the bowl of a food processor: black pepper, tomato juice, salt, onion, sugar, bell peppers, parsley, cucumber, basil, tomatoes, tarragon, green onions, wine vinegar, lemon juice, and garlic.
2. Stir the mix evenly then place everything into a bowl and place a covering of plastic on the bowl.
3. Put everything in the fridge for 3 hrs.
4. Enjoy.

Verde Gazpacho

 Prep Time: 25 mins
 Total Time: 55 mins

Servings per Recipe: 2

Calories	276 kcal
Fat	15.1 g
Carbohydrates	36.3g
Protein	5.1 g
Cholesterol	0 mg
Sodium	47 mg

Ingredients

2 C. diced honeydew melon	1 clove garlic, chopped
1 English (seedless) cucumber, peeled and diced	1/4 C. white balsamic vinegar
1 small onion, diced	1 tbsp lime juice
1 avocado - peeled, pitted, and chopped	salt and freshly ground black pepper to taste
1 jalapeno pepper, seeded and coarsely chopped	

Directions

1. Add the following to the bowl of a food processor and puree the mix: black pepper, honeydew, salt, cucumber, lime juice, onion, balsamic vinegar, avocado, garlic, and jalapeno.
2. Puree the mix until it is smooth then add in some pepper and salt.
3. Enjoy.

ARTISAN Gazpacho



Prep Time: 20 mins



Total Time: 20 mins

Servings per Recipe: 10

Calories 322 kcal

Fat 11.2 g

Carbohydrates 29.1g

Protein 27.1 g

Cholesterol 221 mg

Sodium 948 mg

Ingredients

64 fluid oz. tomato and clam juice
cocktail

3 lbs cooked shrimp, peeled and
deveined

4 avocados, peeled and chopped

2 cucumbers, cubed

3 large tomatoes, diced

1 red onion, diced

1 bunch cilantro, chopped

2 tbsps lemon juice

1/2 tsp salt

1/4 tsp pepper

Directions

1. Get a bowl, combine: pepper, tomato, salt, clam juice, cilantro, shrimp, red onions, avocados, tomatoes, lemon juice, and cucumbers.
2. Place a covering of plastic on the bowl, and put everything in the fridge until chilled.
3. Enjoy.

New World Ceviche



Prep Time: 1 hr



Total Time: 9 hrs

Servings per Recipe: 20

Calories 152 kcal

Fat 4.9 g

Carbohydrates 19.7g

Protein 8.3 g

Cholesterol 49 mg

Sodium 597 mg

Ingredients

1 (16 oz.) package cooked medium shrimp, peeled and deveined
2 (8 oz.) packages imitation crabmeat, cut into 1-inch pieces
5 tomatoes, diced
3 avocados, peeled and diced
1 English cucumber, peeled and cut into bite-size pieces
1 red onion, diced

1 bunch cilantro, chopped, or more to taste
4 limes, juiced
2 jalapeno peppers, seeded and finely diced
2 cloves garlic, pressed
1 (64 oz.) bottle tomato and clam juice cocktail
salt and ground black pepper to taste

Directions

1. Get a bowl, combine: garlic, crab, jalapeno, tomatoes, lime juice, avocados, shrimp, cilantro, cucumber, and red onions.
2. Stir the mix then add in the clam juice cocktail.
3. Stir the mix again then place a covering of plastic on the bowl and put everything in the fridge for 8 hrs.
4. Enjoy.





MAIZ

Gazpacho



Prep Time: 15 mins



Total Time: 1 hr 15 mins

Servings per Recipe: 4

Calories 93.9

Fat 0.0mg

Cholesterol 791.0mg

Sodium 22.2g

Carbohydrates 3.7g

Protein 3.8 g



Ingredients

- 1 C. fresh corn, cooked
- 1 tomatoes, chopped and seeded
- 3 C. tomato juice
- 1 cucumber, unpeeled and diced
- 1/2 C. white onion, diced finely
- 1/2 jalapeno, seeded and diced
- 1 garlic clove, diced
- 2 tbsps fresh basil leaves, diced
- 3 tbsps fresh lime juice
- 1/2 tsp salt
- 1/4 tsp fresh ground black pepper
- basil leaves

Directions

1. Get a bowl, combine: corn, tomatoes, tomato juice, cucumber, onion, jalapeno, garlic, basil, lime juice, salt, and black pepper.
2. Stir the mix then garnish the gazpacho with the basil leaves before serving.
3. Enjoy.

Cucumber and Basil Pâté

 Prep Time: 5 mins
 Total Time: 5 mins

Servings per Recipe: 4

Calories	199.9
Cholesterol	41.2
Sodium	219.9
Carbohydrates	31.2g
Protein	14.4g

Ingredients

1 can sardines, drained
1/2 lemon, juice and rind of
5 tbsps yoghurt, natural low-fat
1/4 C. low fat cottage cheese
1 C. cucumbers, finely chopped
fresh basil leaf, finely chopped
1/4 tsp garlic salt

fresh ground black pepper, to taste
4 thin slices cucumbers, made into twists, for
garnish
4 sprigs parsley, for garnish

Directions

1. Get a bowl, combine: lemon juice, lemon rind, and the sardines without the liquid.
2. Mash everything with a fork until the mix is paste-like.
3. Now combine in the cottage cheese and the yogurt but make sure to drain any excess liquids from each if you find extra moisture.
4. Continue to mix to the cottage cheese and yogurt with the sardines then add in the basil and cucumber.
5. Add in the black pepper and garlic salt.
6. Divide the mix between 4 ramekins then top each with the parsley sprigs and the cucumber twist.
7. Enjoy.

CRÈME Brulee



Prep Time: 10 mins



Total Time: 6 hrs 50 mins

Servings per Recipe: 4

Calories 680 kcal

Fat 55.8 g

Carbohydrates 42.6g

Protein 6.6 g

Cholesterol 419 mg

Sodium 1155 mg

Ingredients

1/2 C. semi-sweet chocolate chips

2 C. heavy cream

1/4 C. white sugar

1 pinch salt

2 tsps vanilla extract

5 egg yolks

4 tbsps white sugar

Directions

1. Get a big pot of water boiling and then set your oven to 300 degrees before doing anything else.
2. Get 4 ramekin dishes and put two tbsps of chocolate pieces into each.
3. For 40 secs melt the chocolate in the microwave then stir it.
4. If the chocolate is not melted heat everything again and also stir the chocolate again.
5. Heat the following until steam forms: salt, sugar (1/4 C.), and cream.
6. Get a bowl, combine: vanilla and cream.
7. Add a ladle full of the hot sugar mix to the bowl and continue stirring. Then add some more to get the eggs hot.
8. Add everything to the ramekins equally.
9. Layer a towel in a casserole dish and then place the ramekins on top, add in the boiling water to the halfway mark of the ramekins and then cover everything in foil.
10. Cook the contents in the oven for 42 mins.
11. Then place everything in the fridge for 8 hours.
12. Add a garnishing of sugar (1 tsp) to each, then place the dish under the broiler for 4 mins.
13. Enjoy.

Onion Soup I



Prep Time: 10 mins



Total Time: 50 mins

Servings per Recipe: 6

Calories 476 kcal

Fat 15.2 g

Carbohydrates 56.1g

Protein 21.8 g

Cholesterol 36 mg

Sodium 1224 mg

Ingredients

4 onions, chopped
3 tbsps butter
3 tbsps all-purpose flour
1 tsp ground black pepper
1 tsp white sugar
3 (10.5 oz.) cans beef broth
1 1/4 C. water

1/2 tsp dried parsley
1/4 tsp dried thyme
1 C. white wine
1 French baguette, cut into 1/2 inch slices
8 oz. shredded mozzarella cheese

Directions

1. Stir fry your onions in butter for 12 mins then add in: sugar, flour, and black pepper.
2. Cook and stir for 2 mins before adding in: thyme, broth, parsley, and water.
3. Let this mix gently boil for 12 mins.
4. At the same time turn on your broiler.
5. Divide the mix between the serving bowls and add a piece of bread to each with a final topping of cheese.
6. Melt the cheese under the broiler or in the oven then serve the soup. Enjoy.

SWISS and Bacon Quiche



Prep Time: 30 mins



Total Time: 1 hr 5 mins

Servings per Recipe: 8

Calories 359 kcal

Fat 26.3 g

Carbohydrates 17g

Protein 13.6 g

Cholesterol 106 mg

Sodium 463 mg

Ingredients

1 recipe pastry for a 9 inch single crust pie
6 slices turkey bacon
1 onion, sliced
3 eggs, beaten
1 1/2 C. milk
1/4 tsp salt
1 1/2 C. shredded Swiss cheese
1 tbsp all-purpose flour

Directions

1. Place some foil around a pastry shell and then set your oven to 450 degrees before doing anything else.
2. Cook the pastry for 9 mins in the oven then take off the foil and cook the contents for 4 more mins. Then place it on the counter.
3. Lower the heat of the oven to 325 degrees before continuing.
4. Now stir fry your bacon, break it into pieces, and place it to the side.
5. Stir fry the onions in the drippings, until they are soft, and remove any excess oils.
6. Get a bowl, combine: eggs, salt, milk, onions, and bacon.
7. Get a 2nd bowl, combine: flour and cheese.
8. Combine both bowls and then fill your pastry shell with the mix.
9. Cook the quiche in the oven for 37 mins.
10. Serve when the pie has cooled off considerably.
11. Enjoy.

Burgundy Beef I



Prep Time: 20 mins



Total Time: 3 hrs 20 mins

Servings per Recipe: 4

Calories 583 kcal

Fat 31 g

Carbohydrates 21.9 g

Protein 32.2 g

Cholesterol 125 mg

Sodium 1333 mg

Ingredients

- 1/4 C. all-purpose flour
- 1 tsp salt
- 1/2 tsp ground black pepper
- 2 lbs cubed stew meat
- 4 tbsps butter
- 1 onion, chopped
- 2 carrots, chopped
- 1 clove garlic, minced
- 2 C. red wine
- 1 bay leaf
- 3 tbsps chopped fresh parsley
- 1/2 tsp dried thyme
- 1 (6 oz.) can sliced mushrooms
- 1 (16 oz.) can canned onions

Directions

1. Get a bowl, combine: pepper, salt, and flour.
2. Add in the beef, and stir the contents.
3. Sear the beef in butter, then place everything into a baking dish.
4. Set your oven to 350 degrees before doing anything else.
5. Now begin to stir fry your onions, garlic, and carrots for 7 mins.
6. Add in: the mushroom liquid, wine, thyme, bay leaf, and parsley.
7. Top the meat with this mix and cook everything in the oven for 2.5 hrs with a covering of foil.
8. Take off the foil and add the mushrooms and canned onions.
9. Cook the meat for 35 more mins. Enjoy.

EASY

Crepes I



Prep Time: 10 mins



Total Time: 30 mins

Servings per Recipe: 4

Calories 216 kcal

Fat 9.2 g

Carbohydrates 25.5g

Protein 7.4 g

Cholesterol 111 mg

Sodium 235 mg

Ingredients

1 C. all-purpose flour

2 eggs

1/2 C. milk

1/2 C. water

1/4 tsp salt

2 tbsps butter, melted

Directions

1. Get a bowl, combine: butter, water, salt, eggs, milk, and flour.
2. Mix this liquid until it is completely smooth and combined.
3. Get your frying pan hot with oil before continuing.
4. Fry a 1/4 C. of the mix in the frying pan for 2 mins then flip the crepe and fry for 2 more mins.
5. Enjoy.

Restaurant Style Onion Soup



Prep Time: 15 mins



Total Time: 1 hr 15 mins

Servings per Recipe: 4

Calories 618 kcal

Fat 35.9 g

Carbohydrates 39.5g

Protein 29.7 g

Cholesterol 114 mg

Sodium 3433 mg

Ingredients

4 tbsps butter
1 tsp salt
2 large red onions, thinly sliced
2 large sweet onions, thinly sliced
1 (48 fluid oz.) can chicken broth
1 (14 oz.) can beef broth
1/2 C. red wine
1 tbsp Worcestershire sauce
2 sprigs fresh parsley
1 sprig fresh thyme leaves
1 bay leaf

1 tbsp balsamic vinegar
salt and freshly ground black pepper to taste
4 thick slices French or Italian bread
8 slices Gruyere or Swiss cheese slices, room temperature
1/2 C. shredded Asiago
4 pinches paprika

Directions

1. Get some twine and tie together the following: bay leaf, thyme, and parsley.
2. Top your red and sweet onions with salt and then fry them in butter for 37 mins.
3. Try to stir the contents every 3 mins to avoid any burning.
4. Add in: Worcestershire, beef and chicken broth, and red wine. Drop the tied spices in as well.
5. Let this gently boil for 22 mins, with a low heat, and stir the mix at least 3 times. Take out the spices and add in some pepper, salt, and vinegar.
6. Place a lid on the pot and let the contents continue to stay warm with a very low level of heat.
7. Turn on the broiler and toast your bread under it for 2 mins then flip the pieces and toast for 2 more mins.
8. Grab 4 bowls and add an equal amount of soup to each.
9. Then add a piece of bread to each as well.

10. Add a topping of 2 pieces of gruyere and an equal amount of asiago to the pieces of bread and some paprika.
11. Cook the bowls under the broiler for 6 mins.
12. Enjoy.
13. NOTE: As you broil, the cheese should melt over the sides and add a touch of elegance to your dish. This is intended!



Salmon with Lemon Sauce



Prep Time: 15 mins



Total Time: 25 mins

Servings per Recipe: 2

Calories 1270 kcal

Fat 123.7 g

Carbohydrates 14.3g

Protein 38.6 g

Cholesterol 650 mg

Sodium 21153 mg

Ingredients

3 tbsps fresh lemon juice
1 tbsp olive oil
Salt and pepper to taste
2 (6 oz.) skinless, boneless salmon fillets
3 egg yolks
1 tbsp hot water

1 C. butter, cut into small pieces
2 tbsps fresh lemon juice
Salt and pepper to taste
2 tbsps chopped fresh chives

Directions

1. Get a saucepan and add in: salmon, lemon juice, pepper, olive oil, salt, and water (add enough to just cover the salmon).
2. Heat this mix until hot but not boiling.
3. Cook the salmon like this until the temperature of the fish is 140 degrees or it is opaque in color.
4. At the same time get some water boiling in a separate pan.
5. Begin to beat your yolks in a bowl and once the water is boiling add some of it to the yolks and continue mixing for a few mins.
6. Now place the bowl over the boiling water but it should not touching the water and continue whisking until the yolks have thickened.
7. You do not want to scramble the yolks. You are creating a sauce (hollandaise).
8. Now add a piece of butter and let it melt then add another until everything has been added to sauce.
9. Place the bowl to the side and add: pepper, salt, and lemon juice.
10. Top your cooked fish with the hollandaise and chives as well.
11. Enjoy.





SOUP

of Carrots and Lentils



Prep Time: 20 mins

Total Time: 1 hr 20 mins

Servings per Recipe: 4

Calories 357 kcal

Fat 15.5 g

Carbohydrates 40.3g

Protein 15.5 g

Cholesterol 0 mg

Sodium 57 mg



Ingredients

- 8 oz. brown lentils
- 1/4 C. olive oil
- 1 tbsp minced garlic
- 1 onion, minced
- 1 large carrot, chopped
- 1 quart water
- 1 pinch dried oregano
- 1 pinch crushed dried rosemary
- 2 bay leaves
- 1 tbsp tomato paste
- salt and ground black pepper to taste
- 1 tsp olive oil, or to taste
- 1 tsp red wine vinegar, or to taste (optional)

Directions

1. Submerge your lentils, in water, in a big pot, and get it all boiling.
2. Once it is boiling let the contents cook for 12 mins then remove all the liquids.
3. Stir fry the carrots, onions, and garlic in olive oil for 7 mins then add in: bay leaves, lentils, rosemary, water (1 qt.), and oregano.
4. Get everything boiling again, place a lid on the pot, and let the contents gently cook over a low level of heat for 12 mins.
5. Now add in some pepper, salt, and your tomato paste.
6. Place the lid back on the pot and cook everything for 35 more mins.
7. Finally add in some olive oil and red wine vinegar before serving.
8. Enjoy.

Classical Hummus I

 Prep Time: 10 mins
 Total Time: 10 mins

Servings per Recipe: 16
Calories 77 kcal
Fat 4.3 g
Carbohydrates 8.1g
Protein 2.6 g
Cholesterol 0 mg
Sodium 236 mg

Ingredients

2 C. canned garbanzo beans, drained
1/3 C. tahini
1/4 C. lemon juice
1 tsp salt
2 cloves garlic, halved
1 tbsp olive oil

1 pinch paprika
1 tsp minced fresh parsley

Directions

1. Blend the following in a food processor until paste-like: garlic, garbanzos, salt, tahini, and lemon juice.
2. Add this to a bowl with olive oil, paprika, and parsley.
3. Enjoy.

CREAMY CHICKEN and Chive Casserole



Prep Time: 10 mins



Total Time: 45 mins

Servings per Recipe: 4

Calories 289.6

Fat 7.1g

Cholesterol 155.0mg

Sodium 578.7mg

Carbohydrates 1.7g

Protein 51.2g



Ingredients

4 skinless chicken breasts
1/2 C. plain yogurt
1 garlic clove, minced
3 tbsp chives, chopped
1/2 tsp salt
pepper
1 pinch cayenne pepper

Directions

1. Before you do anything, preheat the oven to 350 F. Grease a baking pan.
2. Get a mixing bowl: Mix in it the yogurt with garlic, chives, cayenne pepper, salt and pepper.
3. Season the chicken breasts with some salt and pepper. Place them in the greased dish.
4. Pour the yogurt sauce all over them. Place the casserole in the oven and cook it for 36 min.
5. Serve your chicken casserole warm.
6. Enjoy.

Crunchy Corned Beef Triangles

 Prep Time: 10 mins
 Total Time: 25 mins

Servings per Recipe: 8
Calories 111.9
Fat 3.4g
Cholesterol 43.7mg
Sodium 226.4mg
Carbohydrates 15.3g
Protein 4.5g

Ingredients

1/2 C. corned beef, shredded and chopped	1 (8 oz.) can refrigerated crescent dinner rolls
1/4 C. Swiss cheese, shredded	1 egg, beaten
2 tbsp sauerkraut, squeezed dry with paper towel	thousand island dressing
2 tbsp stone ground mustard	

Directions

1. Before you do anything, preheat the oven to 375 F. Grease a baking pan.
2. Get a food blender: Place in it the beef with cheese, sauerkraut and mustard. Process them until they become finely chopped.
3. Place half of the crescent rolls dough on a floured surface. Flatten each triangle until it become 7 inches. Cut them into 6 inches squares.
4. Put 1 tsp of the beef filling in the middle of a dough square. Pull a side of dough over the filling and press it to the opposite side of it.
5. Press the edges with a fork to seal them. Repeat the process with the remaining ingredients.
6. Place the beef triangles on the greased sheet. Brush them with egg yolk. Cook them in the oven for 10 to 15 min.
7. Serve your crunchy beef triangles with your favorite dip.
8. Enjoy.

CHOCOLATE CHIP Tea Bites



Prep Time: 15 mins



Total Time: 27 mins

Servings per Recipe: 1

Calories 1464.1

Fat 95.8g

Cholesterol 162.6mg

Sodium 450.1mg

Carbohydrates 154.4g

Protein 13.9g



Ingredients

- 1 C. butter
- 1/2 C. icing sugar
- 1 tsp vanilla
- 2/3 C. finely chopped nuts
- 2 C. flour
- 1 1/2 C. chocolate chips
- 1/2 C. chocolate chips, melted

Directions

1. Before you do anything, preheat the oven to 350 F. Grease a baking sheet.
2. Get a mixing bowl: Beat in it the sugar with butter until they become creamy.
3. Add the flour gradually while mixing them all the time.
4. Fold the chocolate chips into the mix. Roll it into bite size balls and place them on the baking sheet.
5. Place the sheet in the oven and cook them for 9 to 12 min. Allow them to cool down completely.
6. Garnish your chocolate chip bites with the melted chocolate chip then serve them with some tea or coffee.
7. Enjoy.

Creamy Mushroom Skillet

 Prep Time: 5 mins
 Total Time: 15 mins

Servings per Recipe: 5

Calories	105.5
Fat	9.8g
Cholesterol	3.7mg
Sodium	10.4mg
Carbohydrates	3.1g
Protein	2.9g

Ingredients

1 lb. mushroom, washed, dried and sliced	salt and pepper
2 small onion, finely chopped	chopped green onion
3 tbsp olive oil	
3 tbsp sour cream	

Directions

1. Place a skillet over medium heat. Heat in it 2 tablespoons of oil. Add the onion and cook it for 3 min.
2. Place a large skillet over medium heat. Heat in it the remaining oil. Add the mushroom and cook it for 5 min
3. Drain it and add it to the onion skillet. Stir in the sour cream with a pinch of salt and pepper.
4. Cook them for 1 to 2 min. Serve your creamy mushroom with some rice or noodles
5. Enjoy.

WILD RAINBOW

Rainbow Soup



Prep Time: 20 mins



Total Time: 1 hr

Servings per Recipe: 10

Calories 152.7

Fat 1.6g

Cholesterol 0.0mg

Sodium 200.8mg

Carbohydrates 29.1g

Protein 7.6g

Ingredients

2 1/2 C. dried wild mushrooms

6 C. water

8 C. reduced-sodium chicken broth

2/3 C. barley

2 large potatoes, peeled and diced

2 large carrots, chopped

2 large yellow onions, chopped

1/2 tsp salt

1/2 tsp black pepper



1 bunch parsley

sour cream

Directions

1. Get a mixing bowl: Place in it the mushroom with 6 C. of water. Let it sit for at least 60 min.
2. Drain the mushrooms and keep it soaking water aside. Chop the mushroom.
3. Place a pot over medium heat. Stir in it the mushrooms, mushroom water, and chicken stock. Cook them until they start boiling.
4. Stir in the barley and let them cook for an extra 12 min.
5. Place a skillet over medium heat. Heat in it a splash of oil. Add the onion and cook it for 3 min.
6. Stir it into the soup with the potato, carrots, a pinch of salt and pepper.
7. Let the soup cook for 20 min until the veggies become soft.
8. Garnish the soup with some sour cream and parsley then serve it warm.
9. Enjoy.

Crunchy Herbed Radish Salad

 Prep Time: 20 mins
 Total Time: 40 mins

Servings per Recipe: 6

Calories	101.5
Fat	6.8g
Cholesterol	114.4mg
Sodium	75.5mg
Carbohydrates	5.8g
Protein	4.8g

Ingredients

1 lb. radish, cleaned, trimmed and sliced	salt
3 hard-boiled eggs, peeled and chopped	pepper
1/2 C. sour cream	2 sprigs dill, chopped
1 bunch scallion, trimmed and chopped	

Directions

1. Get a mixing bowl: Toss in it the radish with eggs, sour cream, scallions, a pinch of salt and pepper.
2. Garnish the salad with dill then serve it.
3. Enjoy.

SMOKED

Pancakes with Fish Salad



Prep Time: 20 mins



Total Time: 40 mins

Servings per Recipe: 4

Calories 213.4

Fat 10.8g

Cholesterol 85.9mg

Sodium 965.6mg

Carbohydrates 14.8g

Protein 14.3g



Ingredients

- 3/4 C. sour cream
- 2 tbsp grated red onion
- 2 tbsp minced red onion
- 2 tbsp chopped dill
- 2 tbsp drained capers
- 4 large parsnips, peeled and grated
- 1 large baking potato, peeled and grated
- 1 large egg, beaten
- 2 tbsp all-purpose flour
- 3/4 tsp baking powder
- 1/2 tsp salt
- 1/4 tsp ground pepper
- vegetable oil
- 6 -8 oz. sliced smoked fish fillet

Directions

1. Get a mixing bowl: Mix in it the sour cream with 2 tbsp of the grated red onion, 1 tbsp of the dill and the capers.
2. Cover the bowl with a plastic wrap. Place it in the fridge until ready to serve. Place the remaining 1/2 C. of grated red onion with the parsnips and potato in a colander.
3. Let them sit for 16 min. Once the time is up, press them to remove the excess water. Get a large mixing bowl: Mix in it the veggies mixture with egg, flour, baking powder, salt and pepper.
4. Place a large pan over medium heat. Heat in it 1/8 inch of oil.
5. Use a tbsp to drop some the veggies mixture in the hot oil in the shape of fritters.
6. Cook them for 4 to 5 min on each side. Drain the cakes and transfer them to serving plates
7. Top them with smoked fish and creamy capers sauce. Serve them warm.
8. Enjoy.

Golden Cauliflower Casserole

 Prep Time: 15 mins
 Total Time: 55 mins

Servings per Recipe: 6
Calories 368.2
Fat 30.7g
Cholesterol 86.4mg
Sodium 286.0mg
Carbohydrates 15.0g
Protein 10.2g

Ingredients

1 medium cauliflower
salt
4 tbsp flour
4 tbsp butter
2 C. milk
2 C. sour cream

salt
black pepper
3/4 C. sharp cheddar cheese, grated

Directions

1. Before you do anything, preheat the oven to 350 F. Grease a baking dish.
2. bring a salted pot of water to a boil. Cook in it the cauliflower florets for 6 min.
3. Remove it from the water and place it in a colander.
4. Place a large skillet over medium heat. Heat in it 2 tbsp of butter.
5. Stir in the flour and cook them until they become brown. Stir in the 2 tbsp of butter with milk.
6. Mix them while cooking until they become smooth. Add the sour cream with a pinch of salt and pepper.
7. Cook the sauce for 6 min. Place the cauliflower florets in the greased dish.
8. Pour all over it the white sauce. Top it with the grated cheese.
9. Place the casserole in the oven and cook it for 8 to 10 min until it becomes golden brown.
10. Enjoy.





CRUNCHY Snow Bites



Prep Time: 30 mins



Total Time: 1 hr 30 mins

Servings per Recipe: 48

Calories 23.4

Fat 0.0g

Cholesterol 0.4mg

Sodium 27.0mg

Carbohydrates 5.2g

Protein 0.4g

Ingredients

8 oz. egg roll wraps
1 C. confectioners' sugar
vegetable oil

Directions

1. Slice the egg roll wraps into triangles. Fold them into small triangles.
2. Place a large pan over medium heat. Heat in it 1 inch of foil.
3. Add to it the egg roll triangles and cook them until they become golden brown.
4. Drain them and sprinkle over them some confectioner sugar. Serve you egg rolls with some tea.
5. Enjoy.

Iced Orange Cookies



Prep Time: 15 mins



Total Time: 25 mins

Servings per Recipe: 36

Calories 110.6

Fat 4.6g

Cholesterol 7.5mg

Sodium 61.5mg

Carbohydrates 16.6g

Protein 0.9g

Ingredients

2/3 C. shortening
3/4 C. sugar
1 egg
1/2 C. orange juice
1 tsp orange zest
2 C. all-purpose flour
1/2 tsp baking powder
1/2 tsp baking soda
1/2 tsp salt

FOR THE ICING

2 C. confectioners' sugar
2 tbsp butter, softened
2 tbsp orange juice
1 tsp orange zest

Directions

1. Before you do anything, preheat the oven to 350 F. Grease a baking sheet.
2. Get a mixing bowl: Combine in it the flour, baking powder, baking soda and salt.
3. Add to them 1/2 C. orange juice and 1 tsp orange zest. Mix them well.
4. Get a mixing bowl: Beat in it the shortening with sugar until they become creamy. Add the egg and mix them well.
5. Add the flour mix gradually while mixing all the time. Use a round tsp to spoon drop mounds of the mix in the greased sheet.
6. Place the pan in the oven and cook it for 9 to 10 min.
7. Get a mixing bowl: Beat in it the confectioner sugar with 2 tbsp of butter until they become creamy.
8. Add 2 tbsp of orange juice with 1 tsp of orange zest and mix them well.
9. Allow the cookies to cool down completely. Garnish them the way you desire with the orange icing then serve them.
10. Enjoy.

SUMMER Soup Delight



Prep Time: 30 mins



Total Time: 2 hrs

Servings per Recipe: 6

Calories 215.3

Fat 5.8g

Cholesterol 11.9mg

Sodium 1114.6mg

Carbohydrates 34.7g

Protein 8.8g



Ingredients

8 C. beef stock	3 bay leaves
1 1/2 lbs. green cabbage, cored and shredded	2 tbsp butter
4 garlic cloves, chopped	1 tsp black peppercorns
3 medium potatoes, diced	1 tsp caraway seed
2 medium onions, chopped	2 tbsp sour cream
2 medium tomatoes, chopped	1 tsp dill
2 small radishes, diced	1 tsp parsley
1 leek chopped	
1 large carrot, grated	

Directions

1. Place a soup pot over medium heat. Heat in it the butter until it melts.
2. Cook in it the garlic, onion, radish, leek and carrot for 8 to 12 min.
3. Stir in the stock and cook them until they start boiling. Stir in the cabbage, potatoes, tomatoes, bay leaves, black peppercorns, and caraway seed.
4. Lower the heat and put on the lid. Cook the soup for 60 min.
5. Once the time is up, discard the bay leaves.
6. Serve your soup hot. Garnish it with sour cream, dill, and parsley.
7. Enjoy.

Fancy Berry Pudding

 Prep Time: 15 mins
 Total Time: 15 mins

Servings per Recipe: 4

Calories 173.5

Fat 1.7g

Cholesterol 3.6mg

Sodium 48.2mg

Carbohydrates 37.8g

Protein 4.7g

Ingredients

1 pint blueberries, washed and drained
1 pint raspberries, washed and drained
1 C. low-fat yogurt

1/4 C. brown sugar
mint

Directions

1. Before you do anything, preheat the oven broiler. Grease 4 ramekins with some butter.
2. Place the berries in the greased ramekins. Pour in each one of them 1/4 C. of yogurt, followed by 1 tbsp of brown sugar.
3. Place the ramekins on a baking sheet. Bake them for 2 to 3 min until the sugar melts.
4. Allow the berry pudding to cool down completely. Garnish them with some fresh berries then serve them.
5. Enjoy.

CARAMELIZED Carrots



Prep Time: 5 mins



Total Time: 15 mins

Servings per Recipe: 6

Calories 80.3

Fat 4.3g

Cholesterol 0.0mg

Sodium 155.8mg

Carbohydrates 10.0g

Protein 1.3g

Ingredients

1 lb. baby carrots

1/4 C. Kraft Russian salad dressing

2 tbsp toasted almonds

2 tbsp chopped parsley

Directions

1. Place a large pan over medium heat. Stir in it the carrots with salad dressing.
2. Put on the lid and let them cook for 12 min over low heat.
3. Get a serving plate or shallow bowl. Place in it the carrots and let them cool down completely.
4. Garnish the caramelized carrots with almonds and parsley then serve them.
5. Enjoy.

Stovetop

Potato and Chicken Roast



Prep Time: 10 mins



Total Time: 1 hr 10 mins

Servings per Recipe: 8

Calories 681 kcal

Fat 30.6 g

Carbohydrates 56g

Protein 42.9 g

Cholesterol 115 mg

Sodium 123 mg

Ingredients

1 quart vegetable oil for frying
1 (4 lb) chicken, cut into pieces
salt and pepper to taste
1 1/2 C. all-purpose flour

8 red potatoes, quartered
3 whole cloves

Directions

1. Coat your chicken with pepper and salt and then some flour. Fry your chicken for 16 mins in oil until brown.
2. At the same cook the potatoes in boiling water until tender.
3. Now drain the oils from the chicken and add the potatoes to the same pan as the chicken.
4. Gradually add the warm potato water to the chicken pot and all the cloves.
5. Get everything boiling, then place a lid on the pot, and let the contents simmer until it forms a gravy or a consistency that you like.
6. Enjoy.

A SOUP of Tomatoes and Potatoes



Prep Time: 30 mins

Total Time: 2 hrs 30 mins

Servings per Recipe: 8

Calories 489 kcal

Fat 17.5 g

Carbohydrates 57g

Protein 28.2 g

Cholesterol 75 mg

Sodium 983 mg

Ingredients

2 lbs ground beef

4 (10.75 oz.) cans condensed tomato
soup

2 1/2 C. milk

1 1/8 C. water, or as needed

6 white potatoes, peeled and sliced 1/4
inch thick

1 small head cabbage, cored and sliced

3 carrots, sliced

1 small onion, chopped

Directions

1. Stir fry your beef, until fully done, in a Dutch oven, then drain the excess oils.
2. Now add in: water, cabbage, milk, potatoes, tomato soup, and onions.
3. Get everything boiling then reduce the heat and let everything cook for 35 mins.
4. Now set the heat to its lowest level and continue cooking for 90 more mins.
5. Enjoy.

Eastern European Tomato Stew (Borsht)



Prep Time: 20 mins



Total Time: 1 hr 45 mins

Servings per Recipe: 10

Calories 308 kcal

Fat 10.5 g

Carbohydrates 31.3g

Protein 23.5 g

Cholesterol 60 mg

Sodium 966 mg

Ingredients

- 3 lbs bone-in chicken pieces
- 1 gallon water
- 1 (10.75 oz.) can condensed tomato soup
- 1 tbsp salt
- 1 large head cabbage, cored and shredded
- 3 large peeled and diced red potatoes
- 1 large carrot, diced
- 1 large onion, chopped
- 3 bay leaves
- 2 tbsps chopped fresh parsley
- 1 bunch chopped fresh dill

Directions

1. Boil your chicken in water for 32 mins. Then shred the meat and throw away the bones and skin.
2. Combine salt, tomato soup, and water (1 gallon) in a big pot. Get it all boiling.
3. Once the mix is boiling lower the heat to a gentle simmer and add: bay leaf, cabbage, chicken, potatoes, onions, and carrots.
4. Cook this mix for about 25 mins then add the dill and parsley.
5. Add more salt if you like.
6. Enjoy.

CLASSICAL

Scones



Prep Time: 15 mins



Total Time: 25 mins

Servings per Recipe: 12

Calories 124 kcal

Fat 4.2 g

Carbohydrates 18.8g

Protein 2.6 g

Cholesterol 1 mg

Sodium 134 mg

Ingredients

2 C. all-purpose flour

1 tsp cream of tartar

1/2 tsp baking soda

1 pinch salt

1/4 C. margarine

1/8 C. white sugar

1/2 C. milk

2 tbsps milk

Directions

1. Line a casserole dish with wax paper then set your oven to 425 degrees before doing anything else.
2. Get a bowl, and slowly sift the following into it: salt, flour, sugar, baking soda.
3. Then add the cream of tartar. Now combine in some butter and stir to form bread crumbs.
4. Add some milk and continue mixing to make a dough.
5. Flour a large cutting board and flatten out your dough to three fourths of an inch in height.
6. Cut as many 2 inch circles as possible. Then coat your cut pieces with some more milk.
7. Cook everything in the oven for 12 mins.
8. Enjoy with some preserves or jelly.

Tuna Mousse



Prep Time: 20 mins



Total Time: 2 hrs 25 mins

Servings per Recipe: 8

Calories 321 kcal

Fat 23.4 g

Carbohydrates 7.3g

Protein 20.8 g

Cholesterol 34 mg

Sodium 747 mg

Ingredients

- 15 pimento-stuffed green olives
- 1 (.25 oz.) package unflavored Jell-O(R)
- 2 (12.5 oz.) cans water-packed tuna, drained
- 1 C. mayonnaise
- 1/2 C. ketchup
- 1/4 tsp paprika
- 1 pinch white pepper
- 1 tbsp white sugar

Directions

1. Slice your olives into 4 pieces with a crisscross pattern.
2. Now coat a casserole dish with nonstick spray and layer your olives at the bottom.
3. Begin to heat half a C. of water then add the gelatin, and continue heating, while mixing, until everything is smooth.
4. Blend the following with the blender: sugar, tuna, white pepper, mayo, paprika, and ketchup.
5. Then add in the gelatin and continue processing.
6. Layer this mix over the olives in the dish then place the mix in the fridge for 3 hrs.
7. Enjoy.





LIVER and Onions Portuguese Style



Prep Time: 10 mins

Total Time: 30 mins

Servings per Recipe: 4

Calories 425 kcal

Fat 15 g

Carbohydrates 39.1g

Protein 28 g

Cholesterol 312 mg

Sodium 1668 mg

Ingredients



2 onions, diced
1 tbsp olive oil
1 tsp dried thyme
1 tsp dried basil
1 tsp dried parsley
salt and pepper to taste
1 C. sherry

1 lb calves' livers
1 tbsp diced fresh parsley
4 thick slices French bread, cut into 1
inch cubes
1/8 C. olive oil

Directions

1. Coat your pieces of bread with olive oil then toast them in a pan until seared all over.
2. Stir fry your onions until see through, in oil, then add in: pepper, thyme, salt, basil, and parsley.
3. Stir the contents and add the sherry.
4. Now get everything simmering.
5. At the same time dice your liver then combine it with the sherry mix.
6. Cook the contents for 8 mins then add some more sherry if needed.
7. Top the mix with parsley and croutons.
8. Enjoy.

Penne Cannellini and Tomatoes Salad

 Prep Time: 10 mins
 Total Time: 25 mins

Servings per Recipe: 4
Calories 460 kcal
Fat 5.9 g
Carbohydrates 79g
Protein 23.4 g
Cholesterol 17 mg
Sodium 593 mg

Ingredients

2 (14.5 oz.) cans Italian-style diced tomatoes
1 (19 oz.) can cannellini beans, drained and rinsed
10 oz. fresh spinach, washed and chopped

8 oz. penne pasta
1/2 C. crumbled feta cheese

Directions

1. Boil your pasta in water and salt for 9 mins then remove the liquids.
2. At the same time get the following boiling: beans and tomatoes.
3. Cook the mix for 13 mins with a low level of heat.
4. Now combine in the spinach and cook everything for 4 more mins.
5. Top the pasta with the sauce and cheese.
6. Enjoy.

CHICKEN Soup



Prep Time: 25 mins



Total Time: 1 hr 5 mins

Servings per Recipe: 16

Calories 124 kcal

Fat 6.6 g

Carbohydrates 9.1g

Protein 7.8 g

Cholesterol 110 mg

Sodium 1237 mg

Ingredients

8 C. chicken broth	1/4 C. all-purpose flour
1/2 C. fresh lemon juice	1 C. cooked white rice
1/2 C. shredded carrots	1 C. diced, cooked chicken meat
1/2 C. chopped onion	16 slices lemon
1/2 C. chopped celery	8 egg yolks
6 tbsps chicken soup base	
1/4 tsp ground white pepper	
1/4 C. margarine	

Directions

1. Get the following boiling: white pepper, chicken broth, soup base, celery, lemon juice, onions, and carrots.
2. Set the heat to low and let the contents cook for 23 mins.
3. Begin heating the flour and butter while stirring and then add in the soup while continuing to stir and cook the mix for 12 more mins.
4. Now start whisking your eggs and then add in some soup while continuing to whisk.
5. Add the entire mix to your soup and also add the chicken and the rice.
6. When serving the soup top it with some pieces of lemon.
7. Enjoy.

Bean

Salad I (Cucumbers, Garbanzos, and Olives)



Prep Time: 10 mins



Total Time: 2 hrs 10 mins

Servings per Recipe: 8

Calories 214 kcal

Fat 11.5 g

Carbohydrates 25.5g

Protein 5.2 g

Cholesterol 3 mg

Sodium 1067 mg

Ingredients

- | | |
|--|---------------------------------------|
| 2 (15 oz.) cans garbanzo beans, drained | 1 oz. crumbled feta cheese |
| 2 cucumbers, halved lengthwise and sliced | 1/2 C. Italian - style salad dressing |
| 12 cherry tomatoes, halved | 1/2 lemon, juiced |
| 1/2 red onion, chopped | 1/2 tsp garlic salt |
| 2 cloves garlic, minced | 1/2 tsp ground black pepper |
| 1 (15 oz.) can black olives, drained and chopped | |

Directions

1. Get a bowl, toss: pepper, beans, garlic salt, cucumbers, lemon juice, tomatoes, dressing, onions, cheese, garlic, and olives.
2. Place a covering on the bowl and put everything in the fridge for 3 hrs.
3. Enjoy.

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