



Wine Tasting

HUNGARIAN WINES AND TRADITIONAL RECIPES

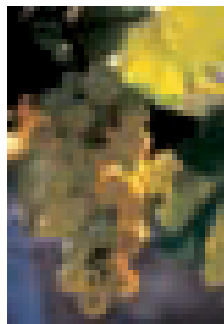


HUNGARIAN GRAPE AND WINE VARIETIES

The vine-growing regions in the Carpathian Basin - and more specifically, within Hungary - have seen the emergence of many ancient and new Hungarian grape varieties. The grape varieties found here have either developed naturally (through spontaneous mutations) over the centuries, or are the result of conscious cross-breeding. Our native grape varieties, along with the ones arriving later and becoming widespread over the course of the centuries, as well as new grape varieties created by Hungarian vine growers are called Hungaricum. This publication presents to the reader the most characteristic Hungaricum grape and wine varieties, along with a recipe of a dish best suited to the variety in question. We invite you to make acquaintances with the Hungarian grape and wine varieties, and to enjoy the attractive dishes recommended.



FURMINT



This grape variety is one of the most valuable varieties for white wine. It is characterised by a unique bouquet, aroma and composition. It can be turned into a racy, fiery, full-bodied, delicious, elegant and characteristic wine with a long aftertaste and accented acids. It is grateful for ageing in wooden casks, and is suitable for keeping. Its bouquet is reminiscent of ripe apples in youth. After ageing in wood, it develops an aroma of walnut and honey. It ripens late, and can be harvested towards the end of October. In good aszú vintages, excellent quality is produced from bunches including dried berries. Its worldwide fame originates especially from Tokaj, where it makes up 65% of vineyards. A related type can be found on Somló Hill. There was a time when the Somló furmint was awarded the title 'Wine of the wedding-nights' - due to its hard, masculine character. Wines made from furmint have unique gastronomic values. They go well with a large range of foods. Their sound, pronounced and elegantly tart acids strike a perfect harmony with Hungarian-style goulashes, but also pose no problem as accompaniment to the entire menu. Sweet and semi-sweet variants made from grape harvested late are loved by the sweet-toothed.

Wild hare with mushroom

Ingredients:

- 4 cleaned wild hare shoulder (800 g)
- 150 g smoked bacon
- 3 onions
- 3-4 cloves garlic
- 100 g butter
- 2 tbsp. flour
- 150 g tomato puree
- 0.4 l water
- 0.2 l white wine
- 1 flat tbsp. salt
- 1 cfsp. ground black pepper
- ½ bunch parsley
- 1-2 branch celery leaves
- 300 g agaric

Preparation:

Wash the wild hare shoulders, let them drip, then remove the thin silverskin. Dice the bacon or cut it into strips, finely mince the cleaned onions and garlic. Melt the butter in a large pan, and add the meat, onion and garlic. Sear while stirring. Sprinkle the flour on the ingredients, add the tomato puree and sear for 2 more minutes. Add the water and the wine, season with salt, pepper, the minced parsley and celery leaves, then add the segments of mushrooms. Bring to boil, then turn down and simmer under a lid for approx. 1 hr 20 minutes, until tender. Cooked macaroni is the most stylish garnish.

*Time to prepare: 1 hr 50 minutes
One serving provides: 3390 kJ/811 kcal*



EZERJÓ



Characteristic Hungarian grape yielding fresh, tart, some say simple wine. The variety is grown in all regions of the country, and is dominant in the Mór Wine Region. When cultivated using the traditional stake system, with a low load on the stakes, it ripens early; it is actually a variety ripening medium late. As it is susceptible to rot, it was customary to harvest it early in large-scale production systems, turning it into large quantities of low-quality wine. If it is treated carefully, however, the ripe grape yields excellent wines, and in good years, the dried berries produce special aszú quality. Wine made from the ezerjó variety is fresh, light, tart, slightly fragrant, racy, hard, masculine, rich in alcohol and dry extract, characteristically harsh - and discreetly tartish. Its bouquet is reminiscent of green apples and lemon, with a pronounced gooseberry aspect. The wine fits well with dishes containing cabbage, and is a willing companion to not very sour relishes and soups, fish and poultry dishes. In the wine regions of the Great Plain it is being re-discovered as a quality wine, and it remains popular with small-scale winemakers.

Flamed, cinnamon-flavoured apple

Ingredients (makes 6 servings)

- 6 medium apples
- 60-80 g butter
- 100 g sugar (brown sugar, if available)
- 0.3 l thick cream
- ½ cfsp. ground cinnamon

to serve:

- 1 tbsp. apple pálinka

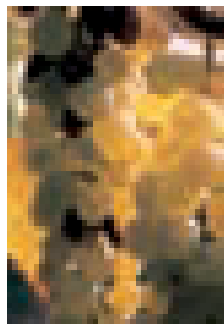
Preparation:

Peel the apple, cut in half, remove the core, cut into 6-8 segments. Melt the butter in a wide frying pan, toss in the apple segments and fry-cook for 10 minutes. Remove with a straining spoon, and put in a roasting pan. Melt the sugar on the remaining butter and combine with the cream. Cook for 2 minutes into a thick cream while whisking, and season with cinnamon. Serve immediately: pour the slightly warmed pálinka on the fried apple segments and ignite it. As the flame is extinguished, put the hot fruits on plates and pour the cinnamon-flavoured cream around the fruits.

*Time to prepare: 20 minutes
One slice provides: 1518 kJ/363 kcal*



HÁRSLEVELŰ (LINDEN LEAF)



If we consider a really good family, beside the head of the family, the furmint, hárslevelű will certainly be the lady of the house. It has various characteristics in common with furmint, but the mature must is richer in alcohol than the furmint, and it has a lower acid content. Characteristic delicious light flavour with a flowery aroma, strongly reminiscent of lime honey. Several years of aging give it an outstanding quality. With berries ideal for Botrytis infection, it is the second most characteristic variety of Tokaj-hegyalja, comprising 30% of the vineyards. This wine, with its delicate acids, fruity and flowery bouquet and a flavour also showing the influence of the volcanic soil, is an excellent accompaniment to tables bearing not very vinegary foods, light salads, relishes, fish and poultry cooked in steam, boiled or roasted. Hárslevelű is liked and grown in other wine regions as well - Somló, Siklós, Mátraalja, Eger. It is used for making combined wines, one of which is Debrői hárslevelű - a historic type.

Light Walnut cake

Ingredients (for 12 slices):

- 1 sponge cake sheet
(made from 6 eggs, or purchased ready)
- 200 g ground walnut
- 0.2 l sour cream
- 2 tbsp. powdered sugar

to decorate:

- 10 walnut halves
- 10 canned stoned sour cherries

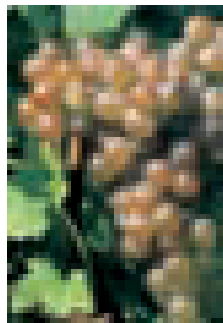
Preparation:

Cut the sponge cake sheet in two sheets of half thickness, and sprinkle with a few specs of milk. Combine the ground walnut, sour cream and powdered sugar, and spread half on one sheet. Cover with the other sheet. Coat the top and sides of the cake with the remaining half of the cream. Put in the refrigerator for an hour for the cream to set. Before serving, decorate with the walnut halves and the well-drained sour cherries. It is very delicious and not nearly as thick as cakes made with buttery cream.

Time to prepare: 20 minutes + setting
One serving provides: 1087 kJ/260 kcal



CSERSZEGI FŰSZERES



This grape variety has become very successful over the last decade. It yields fragrant, light wine. It was developed by Bakonyi Károly, a researcher from Keszthely in 1960 by crossing Irsai Olivér and Pirok tramini in Cserszegtomaj. The variety has a medium yield, and consistently good alcohol content in must. It is an excellent variety for making combined wines, and yields fragrant, somewhat muscat-like wine which has a unique spicy flavour, fresh acids, and excellent sugarless dry extract content. It first achieved fame in the British market in the second half of the nineties. This variety of „unpronounceable grape” has since then found its place in the hearts of those who like fresh, fragrant, light, reductive wines. It perfectly compliments the flavour of broths and vegetable soups, steamed and roasted fish and poultry served with savoury sauces. It first became successful in the Ászár- Neszmély Wine Region, but it has since become popular in close to a dozen Hungarian wine regions.

Party bites

Ingredients (for appr. 10 guests)

- 20-25 round savoury biscuits of the same shape, or sandwich bread cut to a round shape, and the following for the cheese spread variant:

- 2 tbsp. cheese spread
- a handful of white and blue grape berries (without seeds if possible)

- 10-15 half walnuts
for the egg cream variant:

- 1 boiled egg, 1 tbsp. butter, salt, ground pepper, 1 teasp. mustard, 1 tbsp. mayonnaise, 2-3 branches parsley, sesame seed

for the ham cream variant:

- 3 slices ham, 2 tbsp. butter spread, ground pepper, pineapple rings

for the horse-radish variant:

- 1 small tube horse-radish cream with mayonnaise, 100 g smoked salmon

for the blue cheese variant:

- 2 tbsp. unseasoned butter spread, 2 slices ham, a handful of red-currant or cranberry, 50 g blue cheese

to decorate:

- lettuce leaves, dill, parsley

Preparation:

To make the cheese spread bites, squeeze the cream on the biscuits decoratively from a pastry-bag with star-shaped nozzle, and decorate with the unseeded grape berries or the walnut halves. For the egg sandwich, grate the boiled egg and combine with the butter and the seasoning. Spread the cream on the biscuits, and decorate with dices of pepper and cucumber. It looks especially good if decorated with a mayonnaise rose coloured with finely minced parsley, and some sesame seed. Ham-cream bites are made by cutting a ham slice into small pieces, mixing with butter and seasoned with black pepper. The cream is spread on the biscuits and covered with pineapple rings or ham slices shaped like a boat. Decorate with parsley and dill. To make the horse-radish cream sandwiches, spread a thin layer of mayonnaise with horse-radish on the biscuits, then squeeze the remainder from the tube on the biscuits. Fold the salmon bits nicely among the paste strips. For the blue-cheese biscuits, spread the butter cream on the biscuits and cover each with a slice of ham. Decorate with red currant berries or cranberries along with bluecheese morsels. The biscuits may also be covered with liver paste or seasoned cottage cheese, and not very soft fruits can be used such as peach halves or honey-dew melon dices. The possibilities for decoration are limited only by one's imagination.

Time to prepare: 5-10 minutes for each variant



OLASZRIZLING



The writer Márai Sándor named this wine the drinking wine of the Hungarian people. This is the most widespread Hungarian variety for white wine, and one of the most reliable ones. It is related to Rhine Riesling only by name. The wine is not really rich in aroma, but its bouquet is reminiscent of mignonette. The racy, fiery wine has low-keyed acids greatly influenced by location and the year. It often leaves an after-taste reminiscent of bitter almond. It is susceptible to drying, and welcomes noble rot. Great wines are only yielded when harvested late in good years. Overripe berries can be used to make oxidative dessert wines of exceptional quality. It belongs to the late ripening group of grape varieties. Lighter variants are excellent for casual conversations and for diluting with soda water. More full-bodied and more mellow wines are reliable partners to dishes made from white meat (fish, poultry). It grows best in the region north of Lake Balaton (Csopak, Badacsony, Szent-György Hill, Somló) and in the Neszmély Wine Region, but it can be found everywhere, with the exception of the Tokaj region.

Chicken breast stuffed with ewe cheese seasoned with thyme

Ingredients (makes 6 servings)

- 6 half chicken breast fillets with skin
- 200 g ewe cheese
- 6 small branches of thyme
- salt, ground pepper
- 4 tbsp. olive oil

for the garnish:

- 600 g tomato (6 small clusters)
- 100 g stoned black olive
- 200 g brown agaric
- 400 g pasta (in the shape of wide strips)
- 200 g fresh green beans
- 5 tbsp. olive oil
- 2 cloves garlic
- 1 lime (juice)

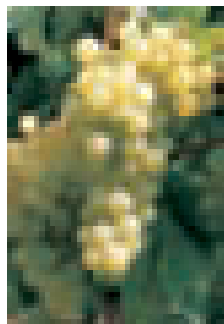
Preparation:

Loosen the skin on the chicken breasts with your finger. Divide the ewe cheese into 6 equal portions, pick the thyme leaves from the stem. Stuff a portion of the ewe cheese and some thyme leaves beneath the skin of each chicken breast. Secure with meat pins, season with salt and pepper. Grease the skin surface, sprinkle with the rest of the thyme leaves, and put on grilling grate. Roast over live coals in approx. 25 minutes, turning it several times. 10 minutes before it is ready, put the tomatoes next to it and pour some oil on them. While the meat is roasting, make the other garnish. For that, cut the olives into thin slices, and cut the cleaned mushrooms in half or into segments. Cook the pasta in slightly salted boiling water. 5 minutes before it's ready, add the beans. Meanwhile, heat 2 tbsp. olive oil and add the crushed garlic to the oil. Fry together with the mushroom for an additional 5 minutes, but be careful, as it is prone to get burnt. Finally, toss in the olive slices. Strain the pasta with the bean and combine with the ragout of mushrooms and olive. Add the remaining oil. Season with the lime juice until piquant, and season with salt and pepper. Serve the chicken breasts with the grilled tomatoes and this pasta.

Time to prepare: 40 minutes
One serving provides: 4375 kJ/1047 kcal



IRSAI OLIVÉR



This variety was developed in 1930 by Kocsis Pál in Kecskemét by crossing Pozsonyi fehér and Csabagyöngye. It was discovered hardly more than a decade ago that the delicious Irsai Olivér, which was intended as a table grape, makes excellent wine. When turned into wine in itself, it has a strong muscat flavour and aroma, with fine and elegant acids. Reductive treatment produces light, airy, greenish yellow wine full of the flavours of the original grape. It is great for making combined wines, even a smaller quantity „turns upside down” more robust partners which are poorer in fragrance but are fullbodied. It is a perfect „starter” wine for beginners, great as introduction to quality wines. It may be a coaxing partner to friendly afternoon conversations, but chilled bottles of Irsai Olivér wine are a great way to start a summer garden party. It may be the star of tables laden with light foods, steamed, cooked and fried fish. It owes its first success to the Neszmély area, but it has since been embraced by wine-makers from Sopron to Mátraalja, in the Great Plain, the region south of Balaton, in Zala and in Etyek.

Chicken breast with garlic-flavoured zucchini and maize puff

Ingredients:

- 600 g chicken breast fillet
- ½ teasp. sweet paprika
- ½ cfsp. ground pepper
- 1 flat teasp. salt
- 4 tbsp. oil
- 1 cfsp. flour
- ½ bunch parsley
- 800 g zucchini
- 60 g butter
- ½ cfsp. seasoning mix
- 2 cloves garlic

for the maize puff:

- 1 l milk
- 200 g cob-meal
- salt, ground pepper
- 50 g butter

Preparation:

Cut the chicken breast into strips the size of your little finger, and coat them in a mixture of sweet paprika, black pepper and salt. Fry them on hot oil in 4-5 minutes until they are reddish brown and somewhat crisp on the outside. Sprinkle with the flour and add about 0.1 l water. Boil only for a minute, then add the minced parsley. Wash the zucchini, cut the ends, cut lengthwise in four, then slice. Fry the resulting quarter slices on the melted butter for 3-4 minutes, and season with the seasoning mix and the crushed garlic. To make the maize puffs, bring the milk to boil and pour in the cob-meal. Salt and pepper, cook for 3-4 minutes with constant stirring, then cover and let swell. When ready, toss in the butter and put the mass in a pastrybag with a star nozzle. Squeeze nice roses on a buttered baking sheet and bake them in a hot oven or grill oven until the tips are reddish-brown. If you do not have a pastry-bag or the inclination to niggle, you can also use a small spoon to make small dollops of the swollen cob-meal on the baking-sheet. You can decorate them using the end of a fork. Serve the chicken on a plate, pour onto its juice, and garnish with the garlic-flavoured zucchini and the maize puffs.

Time to prepare: 1 hr
One serving provides: 3109 kJ/744 kcal



KIRÁLYLEÁNYKA (KING'S DAUGHTER)



This variety, which was probably born from the natural marriage of a mistaken leányka grape („maiden”) and an ambitious kövérszőlő grape („fat grape”) at the end of the 19th Century in Dános, near Segesvár, has its origins in Transylvania. The wine it yields is exceptionally elegant, with discreet muscat fragrance, a delicious and harmonic taste. Rarely it produces natural semi-sweet wine. It is reminiscent of spring meadows with wild flowers in bloom. Its fresh, finely fruity acids are combined with an aroma of green apple and citrus fruits, with elderberry, acacia and hip rose highlights. It likes ageing, and is a popular ingredient of combined wines. It shows its qualities best when paired with light foods, salads, steamed fish and fish cooked in wine, boiled and steamed poultry, and white Roquefort cheeses. The variety is popular in all regions in newly planted vineyards. Its graceful vines can now be found all over Mátraalja, Eger, Etyek, the region south of Lake Balaton, Neszmély and many other areas.

Trout from Lake Balaton with black pepper

Ingredients:

- 4 fully cleaned trouts (appr. 250 g each)
- salt
- 1 cfsp. each of ground pepper and sweet paprika
- 120 g breadcrumbs
- 6 onions

for frying:

- oil

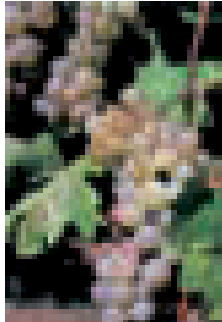
Preparation:

Remove the scales of the trouts, wash and dry. Rub in salt inside and outside. Mix the black pepper and the sweet paprika with the breadcrumbs, then coat the trouts with the mixture. Pour about oil in a frying pan until the oil is about as deep as a finger and heat the oil to medium heat. Fry the trouts in the oil for approximately 4 minutes on both sides, then put them on paper towels to drain. Meanwhile, clean and slice the onions, and separate the rings. Fry the onion rings in the oil left after the frying of the fish in 2-3 minutes until crisp and golden brown. Put them on paper towels to drain excess oil. Serve the fried trout with the fried onion rings. You may want to offer dill-flavoured cream sauce, it is a great complement to the taste.

*Time to prepare: 50 minutes
One serving provides: 2234 kJ/527 kcal*



JUHFARK (SHEEPSTAIL)



The name was given for its elongated, cylindrical bunches. Before the phylloxera pestilence, it used to be an old Hungarian variety widespread everywhere in the country. It retained its old glory at Somló - a glory still recognised by educated wine consumers. Its discreet fragrance and special aroma include complex accents reminiscent of shell fruits, mixed with the fresh harshness of grated lemon peel. Not very complex, tart, hard, fiery, masculine wine is grateful for mellowing and gets better with age. It is at its best when offered with duck and goose liver, fried fish, roasted meats, hard cheeses and game dishes flavoured with shell fruits. It is emblematic of the Somló Wine Region, but can also be found south of Balatonfüred, in Nivegyvölgy, and, more recently, in the Etyek-Buda Wine Regions.

Meat and kohlrabi ragout with basil

Ingredients:

- 1 medium onion
- 5 tbsp. oil
- 600 g ground pork meat
- ½ tsp. salt
- ½ cfsp. ground black pepper
- small handful of basil leaves
- 3 tomatoes
- 4 tbsp. ketchup
- 4 young kohlrabis
- 1 bunch parsley

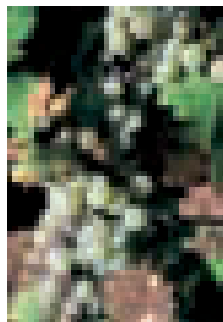
Preparation:

Clean and finely mince the onion, then fry on oil until glassy. Add the ground meat and fry for 5 minutes while stirring. Season with salt, black pepper and the chopped basil leaves. Toss in the diced tomato, season with ketchup, then add water so that it is submerged below a finger-width of water. Peel the thin skin of the kohlrabis, cut into sticks the size of your little finger, and add to the meat. Cook under a lid for approximately 12 minutes, until it is tender but still crisp. Sprinkle with minced chive to serve.

*Time to prepare: 30 minutes
One serving provides: 2153 kJ/515 kcal*



KÉKNYELŰ



„Lords' grape" as it was used to be called, this variety is not easy to cultivate, has female flowers and is difficult to fertilize, which explains why it slowly disappeared from vineyards. By the time we thought about it again, only a few hectares remained at Badacsony. This elegantly fragrant, racy, full-bodied, fiery, hard, noble wine has exceptional delicate acids and a special quality. Its bouquet features spring flowers and some aspects of tropical and shell fruits. The fresh wine is refreshing, with fresh acids. Longer mellowing time leads to beautiful, harmonic acids, followed by elegant, aristocratic harshness. Its high mineral content - resulting from the volcanic soil - gives it a rich aroma. Some consider it the only dry Hungarian wine which can be tasted after the great Tokaji aszú wines. It is a worthy partner to noble fishes (sterlet, walleye, trout), to sea food (shellfish, crustaceans), and ripe ewe and goat cheeses. Its home has been and remains the Badacsony Hill.

Spring vegetable broth with cream

Ingredients:

- 2-3 young carrots
- 4 medium potatoes
- 1 small cauliflower
- 1 l meat broth stock (may be made from stock cubes)
- 250 g (deep-frozen) green peas
- salt
- 1 flat tsp. sugar
- 0.1 l sour cream
- 0.1 l cream
- 1 flat tbsp. flour
- 1 large bunch parsley

Preparation:

Clean the vegetables. Cut the carrot into small cubes or minute sticks, and the potato into cubes of 2.5 cm. Separate the smaller cauliflower „flowers". Put these all in a pot, add the 1 stock and bring to boil. Toss in the frozen green peas, season with salt and sugar, and cook under a lid for about 20 minutes until tender. Mix the sour cream, the cream and the flour and add the mixture to the soup to thicken the broth. Sprinkle with minced parsley to serve.

*Time to prepare: 30 minutes
One serving provides: 1743 kJ/417 kcal*



KADARKA



This popular variety, which yields red wine, appeared as long as 500 years ago, in the Turkish era. It spread quickly throughout the country. When cultivated in the traditional stake system, it produces excellent wine, but it was so against large-scale production that it almost disappeared. It has by now regained its popularity as a fragrant, spicy, especially tasty wine loved by the gourmet. It is not very rich in tannin and is therefore of a paler colour than other varieties for red wine. It can be used to make great rosé, too. Its acids are strong but harmonic. In good vintages, the richness of its flavours can reach spiciness. Its aroma is reminiscent of red and green pepper, complemented by tropical spices (clove, black pepper, coriander). It ages well. The best quality is produced in Szekszárd, but variants in the Kunság and Hajós regions are also deserve our attention. Its characteristic aromatic aspects make it a perfect accompaniment to Hungarian-style foods made with paprika, goulashes, stews and fish soups seasoned with sweet paprika.

Penne with herbs and ham

Ingredients:

- 200 g penne or pasta in the form of short tubes
- 3 cloves garlic
- 3 tbsp. olive oil
- 1 bunch fresh parsley, basil, marjoram each
- 150 g smoked, boiled ham
- salt, ground pepper
- 30 g margarine
- 2 tbsp. flour
- 0.4 l milk
- 0.1 l cream

to grease the pan:

- butter, breadcrumbs

on top:

- 4 tbsp. spicy tomato sauce

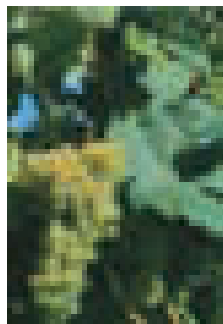
Preparation:

Cook the pasta in boiling salty water until half-ready. Strain and let drip. Fry the crushed garlic momentarily on the oil, add the minced herbs and the diced ham. Melt the margarine in a pan, add and heat the flour, pour in the milk. Salt and pepper and cook until you get a thick sauce. Dilute with the cream and combine with the boiled pasta. Grease a baking pan or roasting pan and sprinkle with breadcrumbs. Put in the pasta, and bake in a hot oven at high heat (200°C; air circulation oven: 185°C) for 30 minutes. Cut into large rectangles and pour on spicy tomato sauce to serve.

*Time to prepare: 1 hr 10 minutes
One serving provides: 2667 kJ/638 kcal*



ZENIT



A promising beginner, created by Király Ferenc in 1951 in Pécs by crossing Ezerjő and Bouvier. It has been spreading vigorously in the cooler and more rainy Hungarian vine-growing regions since the end of the seventies. Great for making combined wines, but in recent years, it made its first - successful - début as a sole wine component. The wine made from this variety is greenish with a whitish gleam, has a rich flavour and fragrances, delicate acids, and its quality improves with each year of production. This wine is a match for the great varieties (Szürkebarát, Chardonnay). It ripens early, which makes it a candidate for excellent early wines. A pleasant addition to relishes, light dishes, white meats. Results in Mátraalja and Sopron have been worth tasting since many years.

Cold creamed asparagus soup with cucumber

Ingredients:

- 1 large cucumber or 2 thinner cucumbers
- 400 g young asparagus
- 0.3 l unseasoned yogurt
- 1.5 l cream
- 1 bunch chive
- pinch of ground nutmeg
- pinch of salt
- pinch of sugar
- 2 tbsp. lemon juice

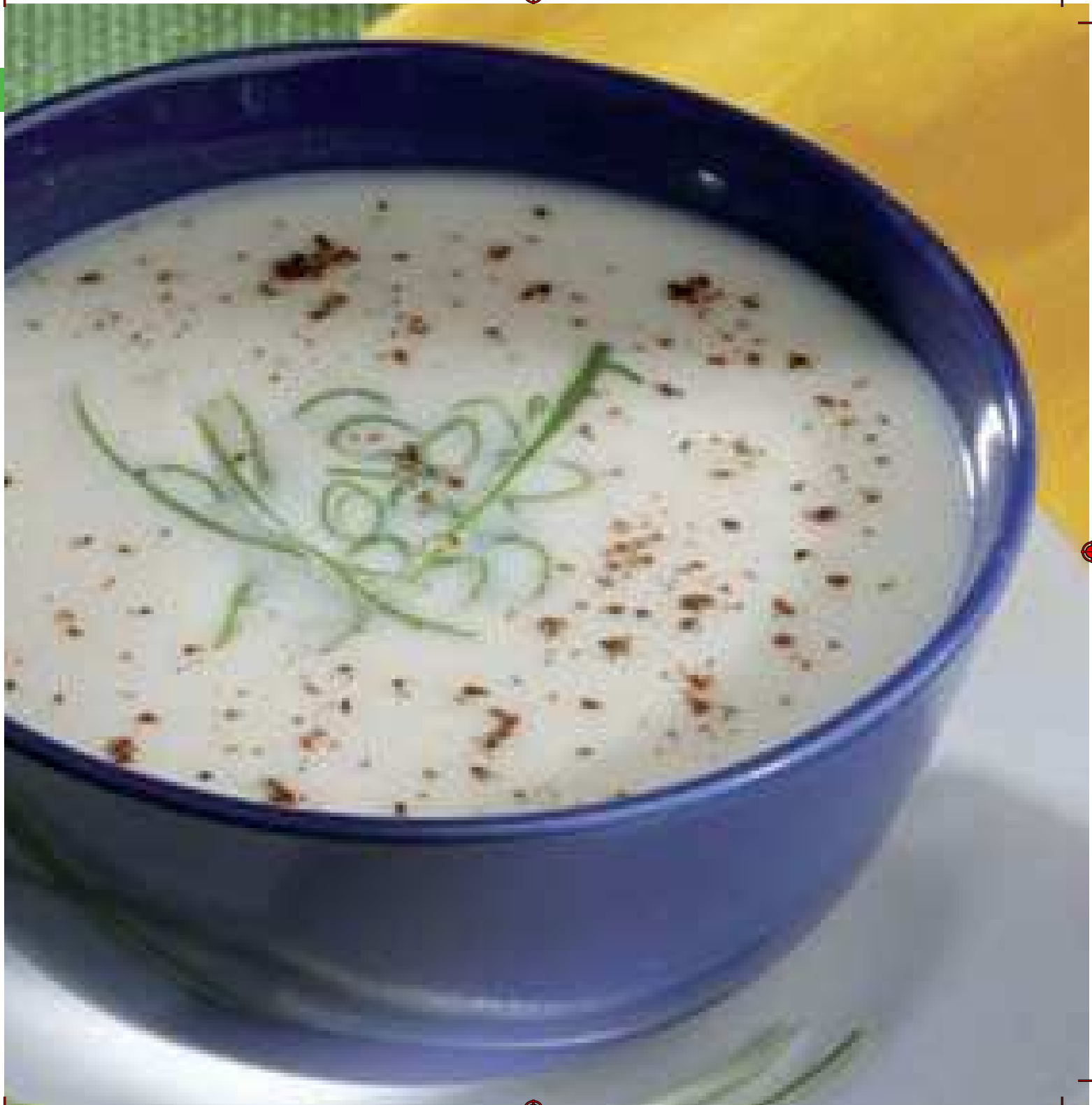
to decorate:

- a few shoots of chive
- freshly ground black pepper

Preparation:

Wash the cucumber. Do not peel, but dice. Clean the asparagus, remove any pithy parts, and chop the young shoots as well as the tips. Pour all in a blender and blend them into a puree. If the puree is too thick, dilute with some water or stock. Combine with the yogurt, cream, minced chive, pinch of salt and sugar, then add the lemon juice. Continue to blend until you get a perfectly smooth cream. Serve immediately, tossing a few chive shoots and grinding one or two rounds of black pepper on top.

Time to prepare: 15 minutes
One serving provides: 799kJ/191 kcal



LEÁNYKA (MAIDEN)



Originally from Transylvania, it is found throughout Hungary. Its discreet, characteristic, fragrant wine is dominated by a bouquet of honey and flowers. Its acids are soft, rounded, smooth, „girlish“. Ideal „chatting“ wine. It is suitable for long-term ageing only in exceptional years - in this case, unfermented remainder sugar helps harmonic mellowing. The wine has a high alcohol content. Bottles aged for several years are a true curiosity. One of the principal growing area is the Eger Wine Region, but its is popular in Mátraalja, Bükkalja, and Mór as well. A true friend to lighter foods, poultry and white meats.

Millet paste Hungarian style

Ingredients:

- 100 g organic millet
- 0.4 l milk
- 100 g butter
- 1 tbsp. sweet paprika and mustard each
- salt, ground pepper
- 1 cfsp. ground cumin
- 2 cloves garlic
- 1 bunch parsley and chive each

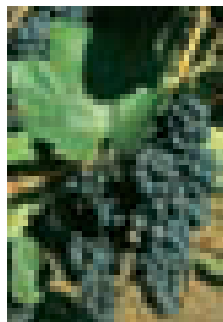
Preparation:

Pour the millet in the hot milk, and cook it on a low flame, stirring occasionally. Let it cool without removing the lid. Add the butter, the seasoning, the crushed garlic and the finely minced parsley and chive, and combine thoroughly. Serve it cold, as a thick spread on bread, or use it similarly to traditional seasoned cottage cheese to fill green or yellow peppers which are then served sliced. Great for enriching cold plates.

*Time to prepare: 45 minutes
One serving provides: 1572 kJ/376 kcal*



KÉKFRANKOS



The most widespread Hungarian blue grape variety for red wine. Its origins are clouded, it became widespread in Hungary following the phylloxera pestilence. It yields fragrant, racy, full-bodied, elegantly harsh, characteristic, tart, beautifully coloured red wine with a taste reminiscent of overripe plum and blackcurrant. When a low yield composed of ripe grape is harvested, wines with rich composition may be made. Assisting the biological decomposition of malic acid can reduce the original harshness of the wine to a harmonic flavour. An ideal accessory to Hungarian cuisine. In addition to paprika stews and foods made with cabbage, it adapts well to the characteristic taste of game dishes. In Sopron, it is honoured as a flagship wine, but viticulturists raise their hat in salutation also in Villány, Eger, Hajós, Csongrád and in other regions where red wines are made.

Cutlets in a pan with tomatoes

Ingredients:

- 8 pork cutlets, appr. 80 g each
- salt, ground pepper
- 2 cloves garlic
- 1 small bunch chive
- 4 tbsp. olive oil
- 0.2 l white wine
- 2 red bell peppers
- 2 fleshy tomatoes

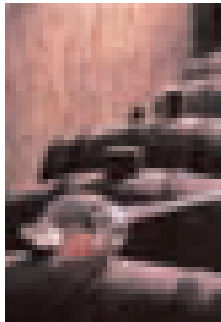
Preparation:

Beat the meat slices slightly, season with salt and black pepper. Mix the finely minced garlic and the chopped chive with the oil. Coat the cutlets with the seasoned oil and let it rest in the refrigerator overnight. The next day, place it in a roasting pan, and pour on the wine. Remove the core of the red bell peppers, and slice the flesh thinly. Scald and peel the tomatoes, cut them in half, remove the seeds and cut the tomato flesh into thin slices. Distribute it on top of the meat and roast in an oven at medium heat for approx. 25 minutes. It's ready once the meat is tender and the juice is reduced.

*Time to prepare: 45 minutes + aging
One serving provides: 1785 kJ/427 kcal*



SZEKSZÁRDI BIKAVÉR (BULL'S BLOOD OF SZEKSZÁRD)



„Pour in a glass, and it's a miracle! It's colour is like to the blood of the bull," - these were the words of Garay János, poet, describing this wine one and a half centuries before. The variety has since become a brand name. Liszt Ferenc had the „Szekszárdi" sent after him wherever he went in the world. This full-bodied, strong wine with a deep red colour and high alcohol content is in fact a cuvée made by combining 2 or 3 red wines. The mixing formula varies from cellar to cellar, and is kept secret. There was a time when its main ingredient was the Kadarka. Now it's the Kékfrankos, but the former variety cannot be missing either. Pursuant to the Hungarian Wine Act, apart from Eger, the wine region of Szekszárd is the only one that may use the title „bikavér". There is a saying that „Bull's blood from Szekszárd is worth more than any medicine", but the gastronomic values of this wine are truly made manifest if paired with main courses. When drunk together with beef and game meats, roasted meats, dripping joints and ripe cheeses, the experience is unforgettable.

Chine ragout with mushrooms

Ingredients:

- 400 g chine fillet
- 1 cfsp. freshly ground pepper
- 1 teasp. mustard
- 6 tbsp. oil
- 1.5 l cooking cream
- 1 tbsp. lemon juice
- 2 young onions
- 3-3 tbsp. tomato puree and sherry
- 300 g agaric
- 30 g butter
- salt, ground pepper

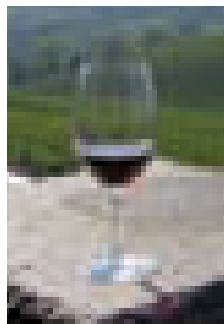
Preparation:

Remove the silverskin from the meat, if any, then rub thoroughly with the mixture of black pepper and mustard. Put in a bowl, grease with the oil and age in a refrigerator for 3 days. Then let excess juice drip, and dice the meat to approximately 2.5 cm pieces. Take 2 tbsp of the oil used for curing, heat it in a pan and fry the meat in the oil for 2 or 3 minutes. The middle should be rose-coloured but not bloody. Remove using a draining spoon and drain. Mix the cream and the lemon juice, and put aside for 10 minutes. Clean and finely mince the young onions, and fry it slightly in the oil left from frying the meat. Mix the tomato puree with 3 tbsp water, and combine with the lemon cream and the sherry. Meanwhile, clean the mushrooms and cut them into segments. Fry them on the melted butter, then combine it with the tomato sauce, along with the meat. Season with salt and black pepper, and boil for 3-4 minutes. Instead of chine, you may also use cured loin.

*Time to prepare: 15 minutes + aging
One serving provides: 2103 kJ/503 kcal*



EGRI BIKAVÉR (BULL'S BLOOD FROM EGER)



Bull's blood from the Eger Wine Region is famous throughout the world. It is fact a cuvée made by combining three red wines. Formerly, the principal ingredient of Egri Bikavér used to be the Kadarka, but later the more acidic Zweigelt and Kékfrankos gained dominance, leading to bright red, tartish bikavér wines with a fruity fragrance, which are left to mellow for shorter periods. Currently, the range is still varied and diverse. Leading viticulturists have returned again to making more traditional egri bikavér, which has a deep ruby red colour, soft, mellowed zest, fragrances as well as a fruity character, but wines of classic composition are also made (composed of Cabernet Sauvignon, Cabernet Franc, Merlot), depending on the recipe and the wine-maker. In Hungary, Egri Bikavér became in 1977 the first wine to be granted protection of origin, which brought with it the accompanying strict regulations on wine-making. A good bikavér is a gem of gastronomy at any festive meal. It shines best when paired with roast beef, big game dishes and ripe cheeses.

Duck pie in pastry

Ingredients (to make 15 slices)

for the pastry:

- 450 g flour
- 150 g pork fat
- 1 flat teasp. salt
- 1 egg
- 1.2 l lukewarm water

for the filling:

- 1 cleaned young duck (appr. 2 kg)
- 500 g chicken breast fillet without skin
- 6 cloves
- 2 tbsp. coriander seed
- 1 tbsp. whole black pepper
- 3 tbsp. pear pálinka
- 500 g duck breast fillet
- 120-150 g dried fruit
- 2.5 l thick cream

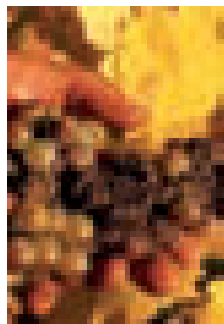
Preparation:

To make the pastry, combine the flour and the fat, add the salt, then knead it into a dough with the egg and the lukewarm water. Cover and rest overnight in the refrigerator. Separate the breast and the thighs of the duck from the body and remove the skin. Dice the breast to 2 cm cubes and put aside. Bone the thighs, then pass through a grinder together with the chicken breast two times. Pestle the cloves, coriander and black pepper. Combine with the ground meat, season with the pálinka, cover and put in a fridge for a few hours for the flavours to develop. Skin the 500 g duck breast, then dice the meat and the dried fruits to ½ cm cubes. Put the seasoned meat pulp in a bowl, then add the cream bit by bit (a spoonful at a time) while stirring. It's best to place the bowl on broken ice for this operation, as the mass will absorb the liquid best in this way. Combine with the diced ingredients. Roll the pastry until you get a sheet of approximately 4 mm thick. Place the pastry mould on the pastry and incline it to the right and the left to mark the amount necessary to line the mould. Cut out the pastry by the mark with a knife, fold and place in the pastry mould. Fold out and press tightly to the walls of the mould. Fill in the meat mass, only adding a small amount at a time and flattening it. This is the only way to prevent air bubbles. Fold over the edges of the dough. Cut a sheet from the remaining dough to fit the top of the mould, and place the sheet on the top. Press together the adjacent pastry edges to prevent them from coming apart in the oven. Decorate the edges with a knife. Use a pastry outline to make two small holes in the centre of the pie to allow steam generated during baking to escape. You can use the remaining dough to make small leaves etc. as decoration on the top of the pie. Bake the pie in a pre-heated oven at high heat (220°C; air-circulation oven: 200°C) for 15 minutes, then reduce the temperature of the oven by 30 °C and bake for about 30 more minutes. Let the pie cool in the form, place on a board and slice with a knife immersed in hot water.

Time to prepare: 2 hr 30 minutes + rest period for the dough
One slice provides: 2401 kJ/574 kcal



TOKAJI SZÁRAZ SZAMORODNI



A specialty of the Hungarian wine range and of Tokaj Hill. Szamorodni is made from bunches of grapes - furmint, hárslevelu - which contain a larger number of aszú berries dried due to noble rot (*Botrytis cinerea*). These make wines which are of an above-average composition. If the entire sugar content of the wine is used up for fermentation during mellowing in a wooden cask, dry szamorodni is obtained; if more than 10 gram remains, the result is sweet szamorodni. Truly beautiful dry szamorodni reminds one of sherry wines. Aging gives it a delicious walnut flavour. This belongs to the group of wines which are the most difficult to make and which require the greatest expertise, making it a true challenge for demanding viticulturists. It is an excellent aperitif.

Basil-flavoured fish with a ham apron

Ingredients (makes 6 servings)

- 6 skinned marine fish fillets, approx. 150-200 g each (may be deep-frozen)
- salt, ground pepper
- juice from 1 lemon
- a handful of fresh basil leaves
- 6 thin slices of ham of the Parma type
- walnut-sized lump of butter
- 3 smaller zucchinis
- 0.2 l cooking cream
- a small bunch of fresh parsley

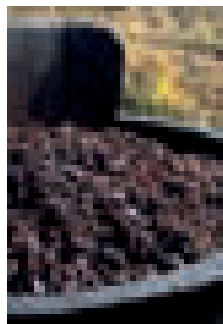
Preparation:

Switch on the oven and pre-heat to 190 °C (175 °C in the case of an air circulation oven). Salt the fish fillets, sprinkle with ground pepper and with the lemon juice. Lay 3 nice big basil leaves on each slice, and roll each in a slice of ham. Toss the butter in a large oven pan, and put it in the oven for 30 seconds to melt. Cut the zucchini into thin sticks, pour in the pan, salt and shake well to cover with the melted butter. Lay the fish fillets rolled in ham on the top. Place the oven pan on the uppermost grate of the oven and roast for 15 minutes. Then baste the fish rolls with 2-3 tbsp. cream, and pour the remaining cream along the oven pan in the juice of the vegetables. Add the rest of the basil leaves. Put the oven pan back in the oven for another 10 minutes. To serve, place the fish on hot plates and pour the juice on top.

Time to prepare: 40 minutes
One serving provides: 1346 kJ/322 kcal



TOKAJI ASZÚ



The Tokaji Aszú is the most famous product of Hungary. It is made from aszú berries which are collected in a separate cask during the harvest. They are crushed and soaked in must or in wine of the same vintage, then pressed. Depending on the quantity of aszú berries pressed, the aszú may be 3, 4, 5 or 6-"basket" aszú, with a higher basket number indicating a higher concentration of sugarfree extract and natural grape sugar. All aszú wines are aged for at least three years - two of which are spent in wooden casks - before they are put on the market. Aszú berries give the wine the flavours of delicious, overripe grape, concentrated sugar, delicate acids and aromas. These flavours mix and intertwine while the wine is being aged in the small wooden cask, resulting in a ripe zest. The flavour and fragrance of young aszú wines are reminiscent of dried fruits (apricot, quince, citrus fruits). Aged aszú has a golden brown colour, with admirable flavours reminiscent of carob, bread crust, chocolate or coffee. As Shakespeare put it, „it is a wonderfully chiselled wine which rejuvenates the blood". This natural wine might be consumed as an aperitif or digestive. It is a worthy partner to desserts but also has a gift of zest to those who pair it with roast goose liver or blue cheeses.

Golden dumplings filled with almond

Ingredients (makes 8 servings)

for the pastry:

- 1-1.5 l milk, 30 g yeast, 400 g flour, 1 egg, 2 egg yolks, pinch of salt, 1 package vanillin sugar, 1 grated lemon peel, 50 g butter

for dipping:

- 100-150 g melted butter

for the filling:

- 1.25 dl milk, 2 flat tbsp. sugar, 120 g rough chopped almond, 2-3 tbsp. sponge cake crumbs
1-2 tbsp. rum, pinch of ground cinnamon

for icing:

- powdered sugar, 1-2 tbsp. thinly sliced almond

for the wine sauce:

- 2.5 l white wine and 2.5 l water, 1 teasp. flour, 4 egg yolks, 2 eggs, 4 tbsp. sugar, ½ package vanillin sugar

Preparation:

Warm the milk to lukewarm, add the sugar and the crumbled yeast. Add 1 tbsp. flour and let it rest for 15-20 minutes, while it swells to about double its volume. Meanwhile, pour the flour in a bowl, and make a shallow depression in the middle. Put here the cracked egg, the egg yolk, salt, vanillin sugar and the grated lemon peel. Combine with the swollen yeast and knead for 4-5 minutes, adding the melted butter along the way. The dough should not cringe to the wall of the bowl. Flatten it to a disc of approximately 21 cm in diameter, then make small discs with a pastry outline form of 4 cm diameter. Place a small spoonful of the almond filling at the centre of each disc - the filling is made by boiling the milk with the added sugar, removing it from the range and combining with the almond, crumbs, rum and cinnamon. Finally, pinch the discs above the filling, then roll each of them into a ball before dipping into melted butter. Place the balls in a roasting pan without cramping them. Leaven it for 30 minutes at a warm place, then bake it in a pre-heated oven at medium heat for about 35 minutes. Put the stuffed dumplings on a plate to serve, and sprinkle with powdered sugar and the thinly sliced (possibly roasted) almond. Offer it with the wine sauce, which is made by pouring all ingredients in a small kettle and cook over steam until it is reduced to a creamy sauce.

Time to prepare: 2 hr 10 minutes
One serving provides: 2889 kJ/691 kcal

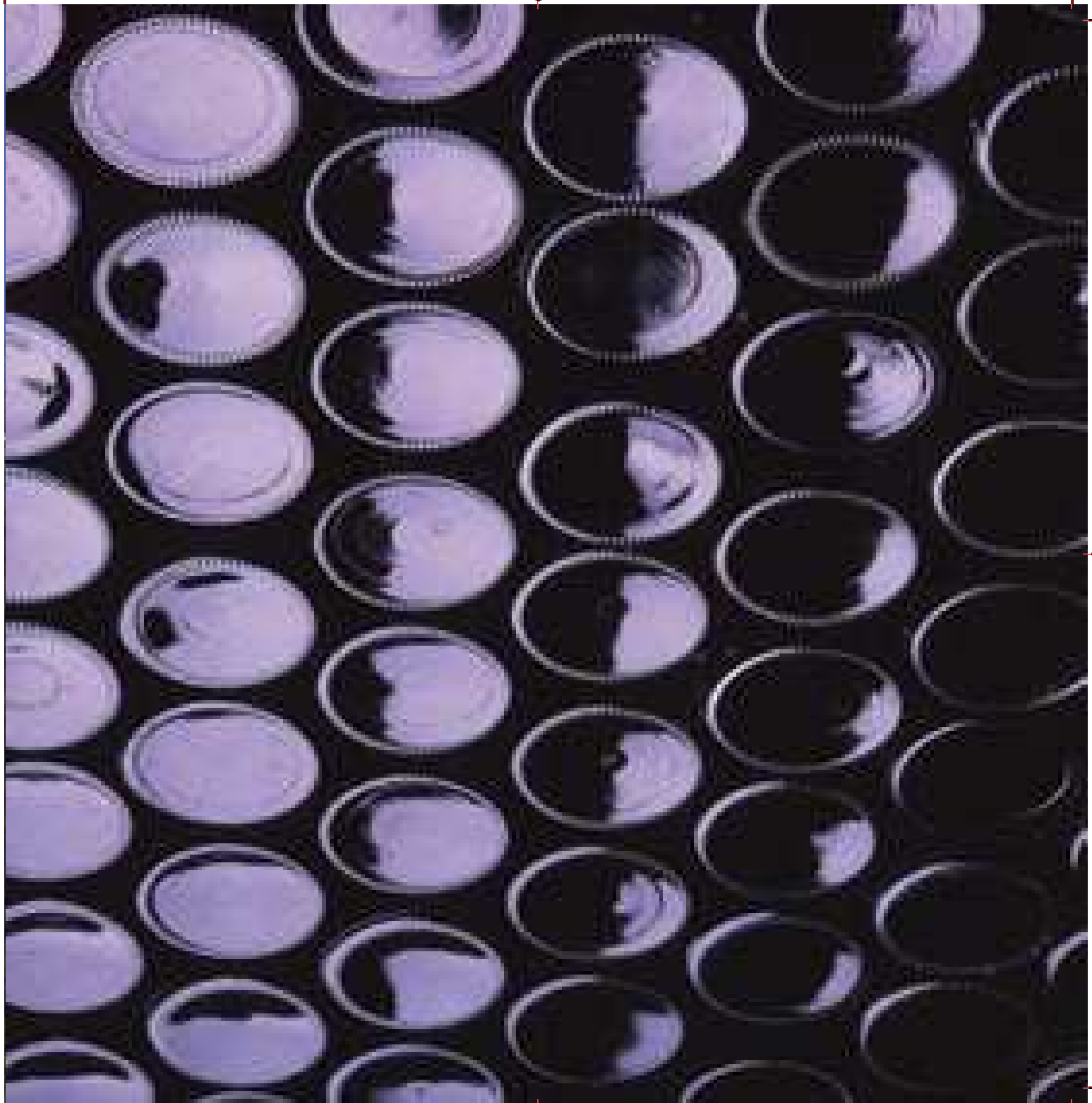


FURMINT – Wild hare with mushrooml	2
EZERJÓ – Flamed, cinnamon-flavoured apple	4
HÁRSLEVELŰ (Linden leaf) – Light Walnut cake	6
CSERSZEGI FŰSZERES – Party bites	8
OLASZ RIZLING – Chicken breast stuffed with ewe cheese seasoned with thyme	10
IRSAI OLIVÉR – Chicken breast with garlic-flavoured zucchini and maize puff	12
KIRÁLYLEÁNYKA (King's daughter) – Trout from Lake Balaton with black pepper	14
JUHFARK (Sheepstail) – Meat and kohlrabi ragout with basil	16
KÉKNYELŰ – Spring vegetable broth with cream	18
KADARKA – Penne with herbs and ham	20
ZENIT – Cold creamed asparagus soup with cucumber	22
LEÁNYKA (Maiden) – Millet paste Hungarian style	24
KÉKFRANKOS – Cutlets in a pan with tomatoes	26
SZEKSZÁRDI BIKAVÉR (Bull's blood of Szekszárd) – Chine ragout with mushrooms	28
EGRI BIKAVÉR (Bull's blood from Eger) – Duck pie in pastry	30
TOKAJI SZÁRAZ SZAMORODNI – Basil-flavoured fish with a ham apron	32
TOKAJI ASZÚ – Golden dumplings filled with almond	34

Professional partners:

Description and photos of grape varieties and wines: House of Hungarian Wines

Description and photos of recipes: Gasztrómédia Kft. - Konyha Magazin





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