



The Orosz Cookbook

The Art of Practical Cooking

Peter Orosz





Contents

I

Dinners and Lunches

1	Hungarian Goulash	7
1.1	Ingerdients	7
1.2	Method	7

II

Freezer Meals



Dinners and Lunches

1	Hungarian Goulash	7
1.1	Ingerdients	7
1.2	Method	7



1. Hungarian Goulash

1.1 Ingredients

- 3 Medium sized onion
- 2 Medium sized tomato
- 2 Medium sized bell pepper
- 3 Cloves of garlic
- 1kg of Pork meat
- Salt
- Pepper
- Paprika
- Bay leaf
- 1dl of Vegetable oil
- 0.5kg of Pasta

1.2 Method

1. Preparations
 - Fine dice the onions, tomato, bell pepper and the garlic.
 - Cut the meat into bite sized pieces.
2. The Cooking
 - Saute the onions with the oil until glossy, then add the bell pepper, tomato and garlic. Continue to saute the ingredients until completely soft and the tomatoes starting to dissolve.
 - Take the pot off the heat. Add salt and pepper to taste, then add 3 teaspoons of paprika. Stir until combined.
 - Add the meat to the pot then add water until it barely covers the meat, then add 3 bay leaves. Stir until well combined, then put it back onto the heat.
 - Bring it to a boil then lower the heat until it barely simmers. Put a lid on it leaving a crack for steam to escape then cook it for roughly 01:00 - 01:30 hours or until the meat is cooked through, stirring occasionally.
 - While the goulash is cooking make the pasta of your liking. I recommend a pasta that holds sauces well.

This recipe is enough for 3-4 people with some leftovers.

