



# The Orosz Cookbook

The Art of Practical Cooking

**Peter Orosz**







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# Dinners and Lunches

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# 1. Hungarian Goulash

## 1.1 Ingredients

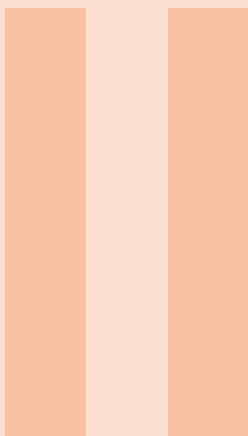
- 3 Medium sized onion
- 2 Medium sized tomato
- 2 Medium sized bell pepper
- 3 Cloves of garlic
- 1kg of Pork meat
- Salt
- Pepper
- Paprika
- Bay leaf
- 1dl of Vegetable oil
- 0.5kg of Pasta

## 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.







# Soups

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## 2. Chicken Soup

### 2.1 Ingredients

- 0.5kg of any chicken parts. I recommend 2-3 chicken legs (the thigh and drumstick combined)
- A medium sized onion
- A medium sized bell pepper
- A medium sized turnip
- 2 medium sized carrots
- 2 medium sized celery
- 4 medium sized potato
- Some parsley
- Salt
- Whole black pepper
- Chicken bouillon cubes
- 0.25kg of thin pasta like vermicelli

### 2.2 Method

#### 1. Preparations

- Clean the chicken and the vegetables and tie the parsley into a bundle with a string.
- Cook the pasta according to the package instructions.

#### 2. Method

- Put the chicken and the onion in a larger pot and fill it with water to 3/4. Let it simmer on the heat for 30 minutes occasionally removing the impurities that come to the surface.
- After the 30 minutes add all the vegetables to the soup. Add salt and pepper to taste and add around 4-5 bouillon cubes to it.
- Simmer it for around another 30 minutes until everything is cooked through. While cooking you may want to remove the bell pepper, the parsley and the onion when its starting to fall apart.









