



Photo left: Hedvig Endrei sitting on the left with other women in Budapest ghetto, summer 1944. On right: at her job in the Szezed Restaurant in 1952

Notes: There are 150 recipes in this collection, and we at Centropa Budapest are slowly translating them. Here is but a sample.

We have found a preponderance of dessert recipes in this collection but almost no soup, despite the fact that soup plays a major role in Hungarian cooking.

This is not a coincidence, as Mrs. Endrei told me, because in the Lichtenwörth forced labor camp the only thing they had to eat was watery soup, and she couldn't even think of soup. There are no vegetable dishes in this collection, either. But we certainly find a remarkable collection of dessert recipes.

Since the recipes were written with the aid of a test kitchen, they should be treated with caution. Should we receive a grant that we could offer to a cookbook writer, he or she would be able to add precise measurements.

The recipes found here are typical of the Hungarian and Central and Eastern European kitchen. See for example, the use of sour cream and the variety of cake (or torte) recipes.

The recipes are clearly characterized by multiculturalism. See, for example-Gyuvecs, which is not Hungarian, but Serbian or Turkish (they both claim it).

Dr Szilvia Czingel, interviewer

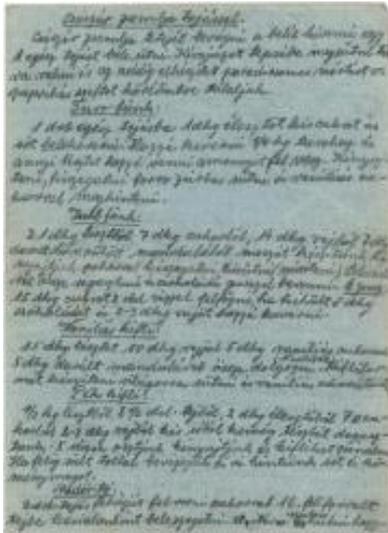
First or light courses

Stuffed mushrooms: Fill the carved mushrooms, sauté the stems in oil or butter (your preference) until soft, mix with scrambled eggs, fill the mushrooms, put in fire resisting pan, sprinkle butter and sour cream on top. Bake.

Planted egg: Slice cooked potatoes in a buttered baking pan, sprinkled with bread crumbs, put butter on top and one finger-breadth of sour cream. Carefully break eggs on top, season with salt, pepper, mustard, put butter and grated cheese on top and bake until golden brown.

Kaiser roll with egg

Cut the top of a kaiser roll, carve it out and break a whole egg into it. Bake it on previously greased baking sheet, put it on a tray and serve with tomato sauce. In summer, the best kind of tomato sauce would be made from fresh tomatoes, skinned, cored and with their seeds squeezed out, and sautéed in butter for a while with some fresh thyme.



Sample page, Mrs Endrei's cookbook

Main courses

Gyuvacs

1 layer of raw sliced onion, 1 layer of green pepper, 1 layer of potatoes, 1 layer of beef sausage, 1 layer of farfel, 1 layer of tomatoes, put salt and oil between the layers and half finger of water in the bottom to steam it. Should be baked for thirty minutes. If it is not a kosher home, then add sour cream on top before baking.

Kolozsvár layered cabbage:

Make a stew out of beef, lamb or goose breast with thick gravy, add beef sausage optionally.

In another pan braise sour cabbage in oil. In a third pot cook 10-15 dag. of rice in salted water until half done. Layer them in a fire resistant pan: 1 layer of cabbage, 1 layer of meat, 1 layer of rice, 1 layer of beef sausage and 1 layer of cabbage, pour the gravy between the layers, then put sour cream—but only for non-kosher homes!!!— on top and bake it until golden brown.

Meatball in potato pastry

Bake meatball in a loaf pan until half done, put in finger-breadth thick potato pastry, spread a bit of oil or shortening on top and bake. In this form you can bake potato besides the meat, peel the potato and cut it in rose shape and smear with shortening or oil.

Potato rose: Roll out potato pastry. Mix salt, paprika, caraway seed, mustard, anchovies, and grated onions into hot oil, spread mixture on pastry and roll up. Cut in 3 cm thick slices, place them on baking sheet and bake. May be filled with bread crumbs toasted in oil or with meat.

Italian macaroni:

Put 30 dag. of macaroni, boiled in salted water and tossed in oil in a fire resisting pan. Sauté 15 dag. of ground beef with onion and paprika, add 20 dag. of sliced beef sausage, chopped beef fry [kosher bacon] (may add mushrooms, smoked meat and vegetable mixture), add tomato sauce [and 2 dl of sour cream for non kosher homes]. Pour mixture on macaroni and mix, pour more sour cream on top for non kosher homes, sprinkle with grated cheese and bake.

This can be tried with nothing but mushrooms and is quite good—and stays kosher!

Potato eggs: Sauté raw grated potatoes in oil until they just start to brown, add sliced beef sausage and 2 eggs. Fry covered. The eggs can be either scrambled or slipped in, sunny side up.

Broiled veal: 1 ½ kg veal to cut, salt, pepper, paprika, rolled in flour, put in a greased pan, pour ½ l sour cream on top for non kosher kitchens and bake until crunchy. Serve with sliced potatoes and hard boiled eggs.

Side dishes

Anchovy potatoes: Combine 1 kg of cooked and chopped potatoes, butter, sour cream, 3 raw eggs, salt, mustard and 2 anchovies. Bake in greased fire resisting pan.

Potato croquett:

Mix ½ kg of mashed potatoes with 1 whole egg and salt, and as much flour as it absorbs. Roll it out, make twists and fry them in oil.

Potato doughnut:

Combine ½ kg of potatoes and as much flour as it absorbs. Add 1 Tbsp. oil, 1 egg, 1 dag. of yeast and a little salt. Let dough rest for 1 hour, make small biscuits and fry in hot lard.

Desserts

Cottage cheese doughnut:

Mix one egg with 1 dag. of yeast, a little sugar and salt. Add this mixture to 250 grams of cottage cheese and mix as much flour to it as it absorbs. Roll it out, cut it in forms and fry it in hot lard, then dust it with sugar.

Floating islands:

Beat up 3 egg whites with sugar, drop it by spoonfuls into 1 l of boiled milk. Take them out on a strainer and let them cool. Mix 1 ½ dl of milk with 2 egg yolks and vanilla sugar, and cook until creamy. When cool mix it with ½ l of milk and place foam in it.

Sacher bars: Combine 4 egg yolks, 10 dag. of sugar then add 10 dag. of butter, 10 dag. of flour, 10 dag. of melted chocolate, a little ground coffee and 4 whipped egg whites. Press into baking pan and sprinkle walnuts and sugar on top. Bake.

Grillage desert: Caramelize 25 dag. of cube sugar, add 15 dag. coarsely chopped roasted peanuts, after taking it off the stove mix 3 dag. of butter to it. Slice on watered cutting board with hot knife.

Doughnut, potcake and/or golden dumplings: (10 dag. butter)

Combine ½ kg flour and 5 dag. butter or oil. Mix 1 dl of lukewarm milk with 2 dag. of yeast, 8 pieces of cube sugar, a little salt, a small Tbsp. of rum, 3 egg yolks and add to flour.

Mix with wooden spoon, pouring lukewarm milk in it until it peels from bowl. Then let rise for an hour.

Roll out one finger thick, cut out and let rise for another hour. Fry in hot oil, first covered, then fry the part, which wasn't on board.

Potcake dough is the same, only less milk is needed in order to obtain firmer dough. Pour lukewarm, sugary milk on top of golden dumplings