

George Lang's Cuisine of Hungary

With a new introduction by the author



HERÁNYTOKÁNY AS IN MAROSSZÉK

Marosszéki heránytokány

4 to 6 servings

1 pound stewing beef	marjoram, or 1/4 teaspoon
1 pound lean pork	dried
1/4 pound double-smoked bacon, diced	Salt
1 medium-sized onion, minced	1 cup dry white wine
1 tablespoon paprika	1 tablespoon lard
Pinch of black pepper	1/4 pound mushrooms cut in chunks
Pinch of caraway seeds	1 cup sour cream
1/2 teaspoon chopped fresh	1 tablespoon flour

1. Cut beef and pork into strips 3 inches long and 1/2 inch thick.
2. Render the bacon. Add onion and wilt it over low heat for about 5 minutes.
3. Add paprika and 1/2 cup water and simmer for a few minutes.
4. Add beef, spices, marjoram, 1/2 teaspoon salt and half of the wine. Cover and cook for 30 minutes.
5. Add pork and remaining wine. Cover and cook over the lowest possible heat until meat is tender. If necessary, you may add a little more wine. Adjust salt.
6. About 10 minutes before meat is tender, melt lard in separate frying pan and fry mushrooms for a few minutes. Then add to cooking stew.
7. Just before serving, mix sour cream with flour and stir into stew. Bring to simmer, but do not cook it further.

NOTE: Transylvania is inhabited by Rumanians, Germans and Hungarians. Although the Hungarians from Marosszék argue that this is a purely Hungarian stew, both the word *tokány*, which is of Rumanian origin, and the first word, which probably comes from the German herein, indicate that this stew is a joint venture of the three ethnic groups. Some sections omit paprika and increase the black pepper; many others add sliced pork kidney to the mushrooms.

Part Three [Recipes]

in the 1920's for one of the dinners given in connection with the International Hoteliers and Restaurateurs Convention.

SPICED RED CABBAGE

Fűszerezett vöröskáposzta

6 servings

3 ounces double-smoked Hungarian bacon, about 3 slices	¼ teaspoon ground pepper
1 large onion, chopped	2 large ripe pears, peeled and chopped
2 firm heads of red cabbage, shredded	1 lemon, halved
2 garlic cloves, minced	2 cups red wine
1 tablespoon caraway seeds	3 tablespoons wine vinegar
Salt	6 ounces honey
	Brown sugar (optional)

1. Cut the bacon into very small dice and brown it in a large heavy pot or Dutch oven until golden brown.

2. Add the chopped onion and simmer the mixture in the uncovered pot.

3. When the onion starts to shrink and turns blond, add the cabbage, garlic, caraway seeds and ½ cup warm water. Cover and cook until the cabbage starts to get soft.

4. Add 1 teaspoon salt and the pepper. At the same time add the pears, the halved lemon, the red wine and vinegar. Cook covered for 15 minutes.

5. Add the honey. From this moment on, cook over very low heat.

6. After about 30 minutes look in the pot to see how much liquid remains. If there is too much and the cabbage is "swimming," let more than half of the liquid steam away by cooking without a cover on the pot.

7. When the quantity of the liquid is just right, taste the cabbage. If it is not sweet enough, add brown sugar to achieve the sweet-sour flavor desired. Take out the lemon pieces. Cover again and cook until the cabbage is almost done. By this time the pears will have disappeared completely and the cabbage will have reduced to a third of its original bulk. Adjust salt if necessary.

8. Take from the heat. Leave the cover slightly ajar to keep the cabbage warm till serving time. Serve as accompaniment to roast pork or game.

NOTE: *This is an early nineteenth-century recipe from Sopron.*

It is better to cook this dish a day before you plan to serve it. Then heat it in a double boiler so it will not burn.