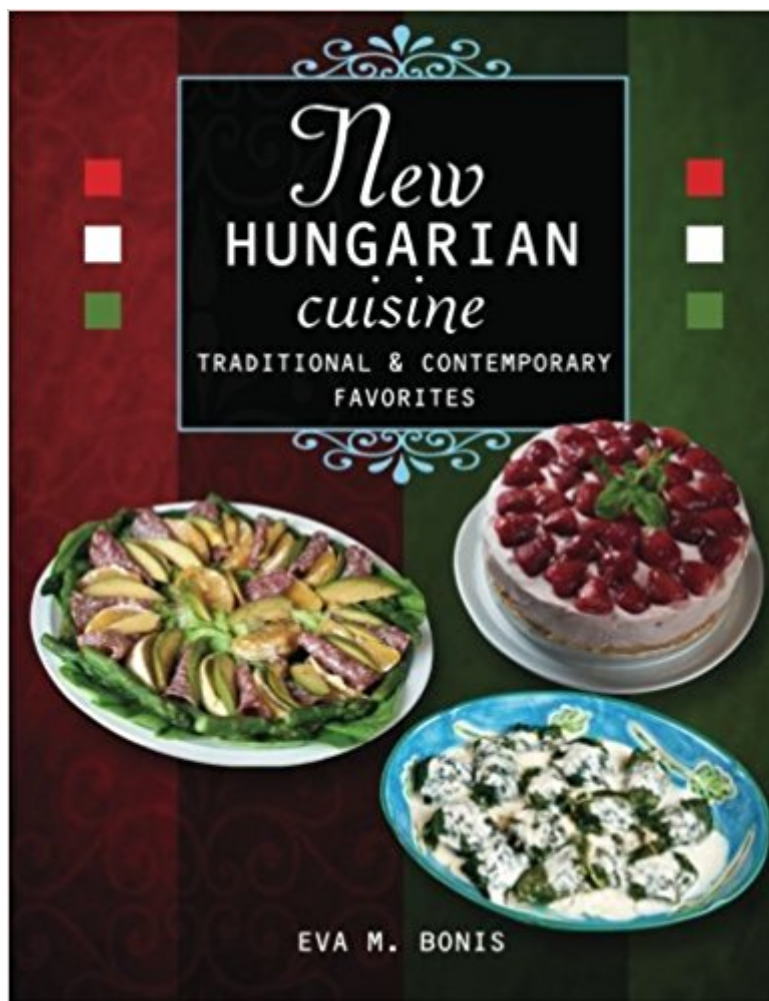


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# New Hungarian Cuisine. Traditional And Contemporary Favorites



## Synopsis

This book is unique. The goal of this book has been to create healthier, lighter and updated versions based on traditional Hungarian recipes, as well as create new recipes that incorporate current trends in Hungarian cuisine. Eleven Chapters ranging from Hors d'Oeuvres to Desserts with a total of 177 recipes including annotations. Each Chapter begins with an introduction. Some of the recipes retain traditional ingredients such as paprika, sour cream, garlic, and onion, as staples in the Hungarian diet. The origin of Hungarian paprika is also included. Some recipes are based on traditional ingredients, but updated to healthier modern versions. New recipes are created to follow the lighter side of Hungarian cuisine. With such a diverse collection of recipes, there is something to please the culinary beginner or the experienced cook who enjoys the challenge of tackling an eye-appealing simple or complex recipe. Some recipes are my mother's, and some are my friend's tried and true dishes, but applied with my own fresh look. Hungarian cuisine has gotten a serious update. Today Hungarian food is cosmopolitan. Even the classic Hungarian dishes are prepared with a modern flare. The Chapters are as follow: Hors D'Oeuvres, Soups, Main Dishes, Meats, Poultry, Seafood, Pasta, Potato, Rice, Vegetables, Salads, Desserts and Condiments

## Book Information

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## Customer Reviews

Eva Bonis was born in Budapest, Hungary. In 1956, after the Hungarian uprising against the Soviet Union was defeated, she escaped from Hungary and found a new home in the United States. She resides in Massachusetts, has 2 children and 2 grandsons. Eva visited her native Budapest several times and witnessed first hand the changes that have shaped the Hungarian culinary scene. "New Hungarian Cuisine Traditional and Contemporary Favorites" is Eva's second cookbook. Her first

cookbook was a collection of desserts titled "Sensuous Hungarian-American Desserts - 52 Tempting Recipes Each Less Than 300 Calories per Serving." She was educated in both countries. In Budapest she earned a Chemical Engineering degree from the Technical University of Budapest. Eva also holds a Master's Degree in Library and Information Science from Simmons College. She had positions at M.I.T., University of Massachusetts and with the Jimmy Fund. Her last employment was in the manufacturing industry, managing the Corporate Information Resources Department. She is a member of the International Association of Culinary Professionals and the Culinary Guild of New England. Her hobbies include, developing recipes, music, opera and dancing. Eva loves to entertain family and friends.

Have not had a chance to try any of the recipes yet. Looks like there are some great ones. However, I am disappointed that the publisher cheaped out and there are no color photos. Black and white photos just aren't appetizing.

As the daughter of a Hungarian emigre, I have a particular fondness for the Magyar cuisine. As a 40-something American woman, I have a desire to keep my svelte figure. With the New Hungarian Cuisine, I am able to indulge in my favorite foods without gaining weight. While I own more than a dozen Hungarian cookbooks, this newest on my shelf is my new favorite. With the others, I have had to make substitutions to make the recipes healthier. With this one, the work has been done for me. It's a good thing that my very American man likes Hungarian food- he's going to be getting even more of it now! Thank you for writing this book!

This is a wonderful book with a tremendous range of recipes. Not only are the recipes delicious and straightforward, but the story that goes with each recipe as a backdrop really adds some richness. The stories carry you across the Atlantic to the streets and markets of Budapest, further whetting your appetite. For anyone with an interest in Hungarian cooking and heritage this is a wonderful book!

Great book. Fast delivery.

This was a gift she loved it.

Very helpful to those, like me, who remembers eating great Hungarian food, but don't know how to

cook them. These recipes are very accurately written, they are successful every time and can be put before important guests with pride. Eva M. Bonis has written a second excellent book, she is a true teacher of the wonderful Hungarian Cuisine.

I enjoyed the author's simplifying complicated traditional Hungarian recipes. She also put a healthy spin on hearty recipes by substituting lower fat ingredients. Her love of this food is apparent and appreciated by those who prepare her wonderful recipes! I only wish she included color photos of food within the book rather than solely the black and white photos.

I'm Hungarian and the book is just ok, too many variations of some great recipes, stick to the basics.

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