



Peter's  
Pan



# POTATO STEW WITH MEATBALLS

Written by @therealpeterspan



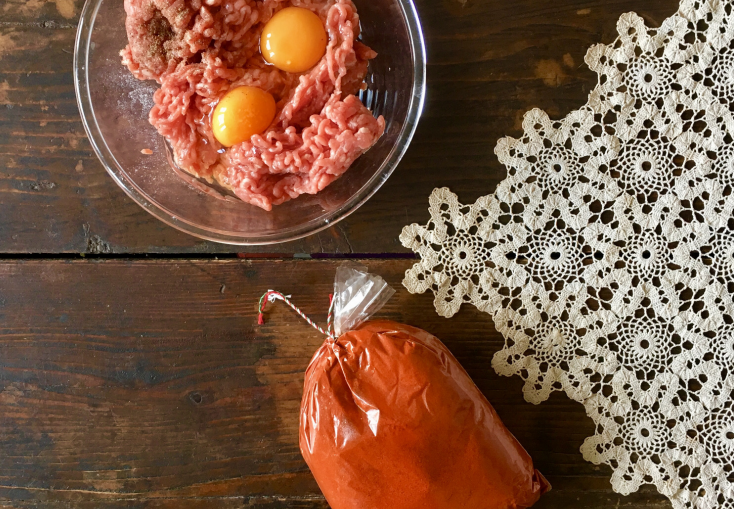
The deep relationship between a Hungarian hungry stomach and a stew can't be described in words. If we are honest there's not even a word in English which is close to the meaning of FŐZELÉK – it's almost like a thick soup but not really. Any vegetable can be the basis for this meal but the definite favourites are lentils, beans and peas. But we can also use cabbage

or potatoes to prepare my comfy food. It takes only 20-30 minutes to make this meal; you can have it with bread, sausage or meatballs. If you are brave enough give it a try, it's perfect for long winter evenings with a glass of pálinka or with your favourite tea :) Főzelék is a very healthy choice, practical and easy to make: in short, it is a typical home-cooked dish.



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**Ingredients:** 1 kg starchy potatoes / 2 very finely diced onions / 2 Tbsp olive oil / 4 bay leaves / 1/4 tsp marjoram / salt and pepper to taste / 2 tsp Hungarian paprika / 2 cups water

**Thickening:** 1/3 cup flour / 2/3 cup sour cream / 1/2 cup cold water

Peel the potatoes and chop them up and dice the onion very fine. In a medium pot, heat the olive oil. Add the diced onion, the bay leaves and the marjoram. Sauté the onions on medium heat stirring often until onions begin to wilt. Do not let them brown.

Add the chopped potatoes and sauté stirring for a minute or two. Sprinkle with the Hungarian paprika. Add salt and pepper to taste and then two cups of water and bring to the boil. Reduce heat and cover the pot.

Slowly simmer the potatoes until almost tender. To make the thickening, whisk together the flour and the sour cream. Gradually add the cold water and whisk mixture very smooth. Add the mixture to the potatoes and stir it into the potato stock.

Bring it to a slow simmer and let it cook for two minutes. Remove pot from heat and cover.

**For the meatballs:** 400 g extra lean ground pork / 1/4 cup onion, diced / 2 Tbsp oil / 1 slice of light rye / 1 egg / salt and pepper to taste / 1 tsp parsley / 1/2 Tbsp Hungarian paprika / 1 garlic cloves, minced / 1/4 + 1/4 cup breadcrumbs / 1/2 cup oil

### Instructions:

Place the ground chicken in a large bowl. Sauté the onions in a non-stick fry pan with 2 Tbsp of oil until very soft. Add the soft onions to the bowl.

Dampen the bread, crumble and add to the bowl followed by the egg, salt and pepper, parsley and the paprika. Also add the freshly minced garlic and 1/4 cup of breadcrumbs to the bowl. With clean hands combine the ingredients. Make sure the mixture is thoroughly combined. Form patties and roll each patty into the breadcrumbs. Heat 1/2 cup of oil in the frying pan and slowly fry the patties on both sides until crispy and golden.