

## Eastern European “Classic” Comfort Food

### **Hungarian Cabbage Noodles – *Káposztás Tészta***

(pronounced ka'-pos-tash tes'-ta)

*from theSpruceEats.com...* This Hungarian comfort-food dish known as *káposztás tészta* is a simple recipe to make, consisting of cabbage, onion, butter, egg noodles, salt, and pepper.

Cabbage with noodles is a popular and easy dish common throughout Eastern Europe. In Poland, it's called *kapusta z kluski* or *haluski*, in the Czech Republic, it's known as *nudle s zelí*, and Slovaks call it *haluski* (without the accent on the "L" as in Polish).

#### **Ingredients:**

1 large onion- thinly sliced  
1 medium head cabbage –cored and cut in thin ribbons  
4 TBS butter & / or oil  
12 / 16 oz package of extra wide egg noodles  
salt & pepper to taste

#### **Directions:**

- 1) Melt the butter over medium heat in a large skillet. Add the sliced onion and cabbage, sprinkle about 1/2 teaspoon salt over it, and give it a stir.
- 2) Cover and cook over medium heat, stirring often, until the cabbage starts to wilt. At this point, you can remove the lid and turn the heat up to medium-high. Cook until the cabbage & onion turns an amber color and starts to caramelize.
- 3) In the meantime, cook the egg noodles according to the package, then drain well.
- 4) When the cabbage mixture is done cooking, fold it into the cooked noodles. Season with additional salt and the pepper and serve.

### **Shliskes – potato noodles or gnocchi with toasted breadcrumbs and onions**

*Hungarian-Jewish shlishkas (sometimes called shlishkes) are dumplings made with riced or grated cooked potatoes so similar to Italian potato dumplings, we call them Eastern European gnocchi. They exist in almost every Eastern European culture.*

#### **Easy recipe – use prepackaged potato gnocchi**

#### **Ingredients:**

1 16-18 oz package of potato gnocchi  
1 large onion – diced  
1 cup bread crumbs  
6 TBS butter &/or oil – divided

### **Directions:**

- 1) Sauté onions in 2 TBS butter (add a little oil to prevent butter from burning) on low to medium heat until tender and lightly browned and caramelize
- 2) While onions are cooking, prepare gnocchi according to package directions, making sure to add salt to the cooking water.
- 3) Melt remaining butter and add bread crumbs to lightly toast
- 4) When gnocchi float to the top, they are done. Toss gnocchi with caramelized onions and toasted bread crumbs and serve

### **Scratch made shliskes** Adapted from Cooking Jewish by Judy Bart Kancigor

- kosher salt
- 3 lb (1350g) potatoes , unpeeled, scrubbed
- 1 egg , lightly beaten
- yolk of 1 egg , lightly beaten
- 2 1/2 cups all-purpose flour , plus more as needed
- 1 stick (115g) butter
- 1 cup fine bread crumbs
- 1 onion – diced - saute low-medium heat until tender and caramelized

### **Instructions**

1. Cook the potatoes in a lightly salted water, covered, until they are soft when pierced with a skewer. It should take about 30 minutes. Let cool, peel, and mash them in a bowl. Add the egg, egg yolk, and 1 tablespoon salt. Mix to combine. Add the flour in batches until you get a soft dough. The amount of flour needed depends on your potatoes.
2. Transfer the dough to a well-floured surface and knead until smooth. It should be firm and not sticky.
3. Break off walnut-sized pieces of the dough and roll each one of them between your palms to form a long strip 3/4 inch (2cm) in diameter. Cut into 1 1/2 inch (4cm) length pieces.
4. In a large pot, boil the dumplings in batches, for 5-10 minutes. They are ready as soon as they rise to the surface. Remove with a slotted spoon.
5. In a large skillet, melt the butter and stir in the breadcrumbs mixing well. Add the caramelized onions. Roll the potato dumplings in the mixture and serve. Enjoy!