

Csirke Paprikás (Chicken Paprikas)



Chicken Paprikas is, for many people, a meal of childhood. If you didn't know already, *paprikas* is the Hungarian word for *pepper*. Hungarian paprika is probably the best in the world, and the paprika from the Hungarian Great Plain is of the highest quality, ranging from sweet and mild to extremely hot. Though it is one of the foremost symbols of Hungarian cuisine (you can see strings of drying paprika on almost every street corner and market) it was actually brought to Hungary by the Turks. Still, it is central to Hungarian cooking. It was paprika, after all, which led the Hungarian scientist Albert Szent-Györgyi to discover and extract vitamin C, for which he was awarded the Nobel Prize. This is all to say that when you make Chicken Paprikas, use Hungarian paprika. Chicken Paprikas is a savory meal that is cheap and easy to prepare!

INGREDIENTS:

10 Chicken Thighs, 2 small onions, 2 tomatoes, 2 sweet peppers, 1 hot pepper (optional), 8 oz sour cream, 2 Tbs flour, 2 Tbs Hungarian paprika, ½ Tbs cumin, Salt & pepper (to taste)

METHOD:

1. Clean chicken by trimming some fat but leaving the skin. If you want to make a healthier version of the recipe, you can use boneless, skinless chicken breasts, but the seven founding Magyar kings will be rolling over in their graves. Just make it with dark meat and bones and skin. You can work out a little extra tomorrow morning.
2. Chop onions, tomatoes, and peppers
3. Add a tablespoon of vegetable oil to a large pot and heat on medium-high. Add the chopped vegetables to the pot and sauté until translucent (3-5 minutes)
4. REMOVE POT FROM HEAT
5. Add 2 Tbs of Hungarian paprika, ½ Tbs cumin, salt and pepper to the pot and stir until all of the vegetables are coated
6. While the pot is still removed from the heat, add the chicken to the pot and stir until the chicken is coated with the vegetables and paprika
7. Add enough water just to cover chicken
8. RETURN POT TO HEAT and cover with lid
9. Cook for 1 hour on medium to medium-low heat
10. In a separate container, mix together 8oz of sour cream and two tablespoons of flour
11. REMOVE POT FROM HEAT
12. Add the sour cream/flour mixture to the pot and stir
13. Cook for an additional 5 minutes.
14. Serve with dumplings, noodles, potatoes, bread or nothing at all. ENJOY!