

Chicken Paprikesh (Hungarian)

Ingredients:

1-3 lbs chicken breasts (I prefer them cut into strips)
1 Finely chopped large onion
2-4 Tbsps Hungarian paprika (to taste)
1/2 Tsp of salt (or to taste)
1/2 Tsp of pepper (or to taste)
1/2 to 1 Tsp of Caraway seeds (optional)
Cooking oil
1/2 to 3 Tbsps of flour
6 oz. of sour cream (increase amount according to how saucy you want the dish to be)

Directions: Finely chop the large onion and put into a skillet with enough oil to sauté the onions. Remove the onions from the heat just before they start turning brown. Put the onions in a blender and add paprika, pepper, salt and Caraway seeds (optional). [Note: adjust seasoning to taste and relative to the amount of chicken and onions used]

Puree the onions adding a little water or chicken broth, if needed. Pour the puree into the skillet and add chicken. Cover and simmer for about 30 minutes. Stir frequently at first to prevent sticking. When chicken is cooked, mix 1.5 to 3 tbsp of flour with a small amount of sour cream and add to the chicken and stir until thickened. Next, add the rest of the sour cream and blend. Serve over egg noodles.

A variation is to substitute beef for the chicken and serve over white Basmati rice instead of noodles.