

Tiszai halászlé (Tisza Style Fish Soup)

Ingredients:

500gm fresh-water small fish
1kg perch (or barramundi or cod)
1 large onion
1 tbs paprika
1 green capsicum
1 tomato

Method:

Hungarian style fish soup, or "halászlé", is prepared in various ways from region to region. Wherever it is made, the basic secret is said to be the same: A stock is cooked from many small bodied fish of different flavours which is then strained and in which the meat of "nobler" fish (e.g. perch, barramundi, cod, etc.) is cooked. Clean fish. Cut perch into even, finger-thick slices. Salt and put slices aside in a porcelain dish. Put the fishes with the head and tail of perch, into a bowl and add finely chopped onions. Cover these with water and cook slowly about 1 hour. Strain liquid through a fine strainer and add 1250ml of cold water. Bring it to the boil and add red paprika powder, peeled and chopped tomato and green capsicum, salted fish slices. Cook slowly under lid for 10-15 minutes, shaking the saucepan every now and then. Do not stir. Serve immediately.