

GYÓGYNÖVÉNYEK MAGYARORSZÁGON - GASZTRONÓMIA

MEDICINAL HERBS IN HUNGARY- GASTRONOMY



2010-12

Elderberry - Fekete bodza - Sambucus nigra

Elder tea



Take the opened flowers of the elder, and dry it on airy, warm place.

We take the dry flowers from the stems. We may prepare good tea from it, if we scald. Flavoured with honey, and the warmth and cold tea are also good.

Its curative effect: Suitable for cold, hayfever, laryngitis, catarrhs,

- blood cleansing,
- fever and painkiller, making sweaty,
- cough soothing, making spat,
- diuretic , kidney dry cleaners
- immunstrengthening, calms the nerves.

It is necessary to make the collection of the elderflower and dry it very carefully!

Elder jam



- elderberry
- sugar
- citric acid
- jams

Completion:

We choose the ripened berries with big circumspection, we withdraw the strange parts, we purify it then. We cook the fruit until 5 minutes some water and sieve it. The fruit marrow, we cook it longer in order for it to thicken if it is needed, after this pour the sugar to it. We count to 1 kg of fruit marrow 25-35dkg sugar and a teaspoon citric acid. We cook it with the flavours until 5-10 minutes, we pour it into glasses, and we close it hermetically. We cool it down after this.

Elder soup



- elderberry
- lemon-peel
- sugar
- cinnamon
- starch
- salt
- butter
- white wine

Completion:

We pull the elderberries down from its stem, we place it with water into an earthenware that the water should screen it. We cook the cinnamon and the lemon-peel until 30 minutes we hatch it, breaking through a sieve then pour water and white wine. Discretionary we boil it with sugar, little salt and butter, and we involve potato flour diluted with water in it. Again we boil it, and I serve it with a fried French roll cube.

Its agents: The berry fruit contains acids, Vitamin C (twice of the citrus), provitamin B and Vitamin A, sugar, folic acid, malic acid, citric acid, minerals (iron, potassium, calcium, magnesium, phosphorus), flavonoids, and contains volatile oil.

Its curative effects:

- digesting relieving, mild purgative, kidney dry cleaners
- antioxidant, immunstrengthening, calms the nerves

Before use take the seeds out from the crop!

Lemon balm - Citromfű - *Melissa officinalis*

Lemon grass - syrup



We prepare syrups mostly from fruits, though very delicate syrup can be cooked from lemon grass.

The lemon grass is called the medicinal herb of the calmness, with a relaxing effect, and it has an anti-virus characteristics.

Ingredients:

2 l water, 2 huge handful lemon grass, 40g citric acid, 3 tablespoonsful of honey, 1 big lemon

Completion:

We soak the lemon grass in the water until a day with the washed lemon circles together. We put the honey, the citric acid into it in the following day, and we boil it.

We filter it after 15 minutes, and we put it into glass, we take it into cool place then.

Honey-lemon grass apricot jam



Ingredients: 3,5 kg of apricot, 30-45 dkg of honey, 1 bunches of freshlemon grass, jelly

Completion:

We wash the apricots well.

We boil the blended apricots together with the chopped, fresh lemon grass in a pot.

We add the honey and the jelly to it when it boils already.

We cook it until 2-3 minutes, we pour it into glass then.

When we winded the caps, we take the jams into their head, and then it may go into the pantry.

HINT: The honey is a very aromatic, natural sweetener. The granulated sugar much tastier, character, and rather from its fewer quantities.

To 1 kg of fruit, because of the own sugar content of the fruit, and according to our taste, the addition of 1-1,5 dl of honey is necessary.

Lemon grass cold grape soup



Ingredients:

- according to a taste lemon grass
- 1 pinches of salt
- according to a taste honey
- 1/2 pieces of lemon
- 1 tablespoon culinary starch (or flour)
- 2 dl of cream
- 1 kg of white grape

Its completion:

We wash the grape, exchange glance, we put the half of it aside. We break the other half of the grapes with a fork or a hand, and we steam it until 5 minutes, we filter it then. We mix the cream with the starch or flour, and whip with it the juicy basis. We add tiny salt to it, and we sweeten it with honey according to a taste. We cook it until another 2 minutes. We put the grapes into it then. The soup is ready we cool it down well, we involve in it before the servetion the washed, delicate cut lemon grass. (If we put it into the boiling soup, the lemon grass turns brown and its fragrance goes away.) We may enrich its flavour with a couple drops of lemon juice according to pleasure.

Lemon grass cake



INGREDIENTS:

25 dkg of butter, 20 dkg of castor sugar, 4 eggs, 25 dkg of flour, 1 coffeespoonfuls of baking-powder, 1-1,5 dl of milk, 1 handful lemon grass

To the serving:

40 dkg of creamy cream cheese
5 dkg of castor sugar
3 tablespoonsful of honey
lemon grass

COMPLETION:

We whip the eggs yolk, the castor sugar and the butter. We add the whipped foam of the eggs to it, the lemon grass, the flour mixed with the baking-powder and the milk. We roast it under 25-30 minutes in the preheated oven. We whip the creamy cream cheese with the sugar, honey and the residual lemon grass. We throw the roasted pasta into a grid, and we cut it in two pieces if it get cold. We spread the lemon grass cream, then put the other pasta disk. We serve it with sprinkled castor sugar.

Lemon grass tea



Ingredients:

- 1 cups of boiling water,
- 1-2 teaspoonsful of lemon grass.

Completion:

Put 2-3 teaspoonsful of lemon grass into a cup of boiling tea, and we let it consist in it until 4-5 minutes, while the agents are released from the leaves. We filter the ready tea, and we may sweeten it with honey, sugar according to a taste, but it is great without sweetening too. We can drink 2-3 cups daily from it.

Its effect:

- Tranquilliser,
- heartburn bringing an end,
- anti-virus,
- digestion stimulant,
- headache palliative,
- sleep disorders bringing an end,
- mild tranquilliser, and nerve strengthen.

Its agents:

The agents of the leaves of the lemon grass is the volatile oils (citronellal, citral), the tan substances, the flavonoids, the coffee acid.

Stinging nettle – Nagy csalán – Urtica dioica

Tea:



We add 3 teaspoonsful of drug in each cup, we filter it after 10 minutes then. To blood cleansing cures it is suggested, it is washing the kidneys.

Nettle vegetable dish:



Span long nettle foldings (200 g) we cook it until 10 minutes in boiling water, we filter it, chop and we steam it together with the onion in 100 g of butter. We add milk or gravy to it, and cook. The milk makes its sourish flavour softer. We thicken the vegetable dish with flour, with salt, we flavour it with pepper, nutmeg and little sugar.

Nettle meatball:



The nettle letters (200 g) we scald it until some minutes in flaming water, we cool it down on a sieve, under a tap then. It keeps its green colour. We drip it, we cut it, we put small pieces if egg, salt, pepper and we mix it up with nutmeg, we rest it a little bit. We form scones of the mass, we turn it round in flour, and we cook it in boiling fat. To meat dishes we may present it as garnish.

Effect:leaves:flavonoids, cinnamon acid, minerals, ascorbin acid, formic acid contain

Medical uses:

This is an amplifier, a diuretic, blood cleansing, encouraging milk separation tea mixes constituent.

Hip - Csipkebogyó - Cynosbati pseudofructus (Rosa canina L.)

Tea:



Ingredients:

rose-hip
cold water

Completion:

With a pleasant flavour, we may fix a drink against cold and flu with a laxative effect mildly, if we soak two-three teaspoonsful of dried and chopped in a cup of cold water through 8-12 hours. It insures our daily C-vitamin needs.

It is not allowed to soak the berry in boiling water because the vitamin C is destroyed in 50°C .

Rose-hip jam:



Completion:

We wash the rose-hip, we cut its stem and the petals, we cut it into two pieces, we remove its seeds. We cook the cleared berries in water while it will be soft and we break through it warmly on a sieve. We cook the rose-hip marrow and on all of them we add 50 dkg of sugar to its kilogram. We cook it until 20 minutes together with the sugar and we pour it into hot bottles, we close it hermetically. We covers the bottles with a clear rug, we let it be getting cool until next day.

Rose-hip cream



Ingredients:

-6 dl of plain rose-hip juice
-2 packets of vanilla pudding powder
-6 tablespoonsful of sugar
-gelatin if necessary
-vanilla
-whipped cream

Completion: We cook fresh, pitted, washed rose-hip with the cinnamon, a lemon-peel and few brioches in the water. We stir it, we break through it on a sieve. We boil it again with little wine and sugar. The rose-hip soup has to be thick. We serve it with zwieb

Content:

Rose hips are particularly high in [vitamin C](#) content, one of the richest plant sources available. It has a 10 times higher vitamin c content then lemon has.

It contains ascorbin acid, vitaminA,B1, B2,C,H, K,P, pectines, citric acid. The oil pressed from its seed contains retinol and fatty acids omega 3 and 6.

Effective for:

- it has immunizing effects, pectines help with digestion,
- rose hip has got an anti-oxidant effect ,
- it is effective for cold influenza.

During boiling it loses its vitamin C content above 60 C so you'd better to soak,dry or freeze it.

Galagonya - Crataegus - Crataegus

Gastronomy:

Hawthorn tea:



Preparation: daily dose: 3-5 gram

Drink it lukewarm, 2 or 3 cups a day. Prepare it in the morning and drink it throughout the day.

It has sour taste; it's a perfect thirst-quenching tea.

Drink it at least for 6 weeks.

It lowers cholesterol.

Hawthorn jam and drink

Drink

Ingredients: 1 kg of frostbitten hawthorn berry, 20 dkg of cane or honey, preservative

Preparation: Put the cleaned berries in a bowl; pour it with the cane and the preservative. Mix it, cover it and leave it for 2-3 days. Mix it once a day. Drain the berries and pour the jam into bottles and cover them. We can eat it after two weeks.

It's effective for headache.

Jam



Ingredients:

1 kg of hawthorn berry, 40 dkg of cane, water, preservative

Before cooking squeeze the cleaned berries and pour some water till one third of it. Pour the cane onto it. Cook it. Strain it and and cook it for a while. Put some preservative on it.

Dandelion - *Taraxacum officinale* - Gyermekláncfű

Dandelion honey



Ingredients:

10kg of flower, 2 lemons, 9dl of water, 1, 5 kg sugar, 2 packets of vanilla sugar

Preparation:



Wash the flowers and put them in a bowl. Slice the clean lemons.



Put the lemon slices to the flowers and pour the water into it. Boil it slowly.



After 30-35 minute boiling, strain it and pour the liquid into another boil.



Pour the sugar and the vanilla sugar onto it and boil it for one and a half an hour till the honey becomes thick. Pour them into jars and cover them.

Small-leaved linden – Tilia cordata – Kislevelű hárs

Lime-blossom syrup



Ingredients:

- the flower of a small leaves Linden
- 1/2 kg of brown sugar
- 2 pieces of lemon
- 1/2 teaspoonsful of citric acid
- approximately 1 litres of water

Completion:

We pile a glass full of lime-blossom (it is necessary to get the flower with its peduncle leaves together). Wheel the lemons, we pour the sugar, the citric acid on it, and we add as much water as the glass will be full. We mix it well. We tie it up with a dress napkin or a tea towel that it can be ventilated. We let it stand until 3 days, we mix it up with 2-3 occasions every day. We extract it if the 3 days were over. We pour it into glasses and we close it.

Lime-blossom tea:



Ingredients:

We infuse 2 teaspoonsful dried lime-blossom with 2-3 dl of boiling water, then we filter it after 10 minutes.

Agent:

- antibacterial effect flavonoids, implies slime substances, tan substance and volatile oil
- vitamin E and C

Effect:

- Respiratory effect: cough soothing, laryngitis reductive.
- Effect of the nervous system: stress-relieving, tranquilliser.
- Effect has on leather: making sweaty, leather dry cleaners.
- Digestive system effect: diarrhoea, and the convulsive state of the colon recommended to help lose weight.

Thyme - Kakukkfű - *Thymus serpyllum*

Green thyme curdy pie



Ingredients:

1 kg of home-made curd cheese
6 eggs
20 dkg of sugar
1 vanilla sugar
2 dl of milk
1 dkg of yeast
20 dkg of butter
salt
40 dkg of flour
1 tablespoonsful of thyme

Completion:

It is necessary to prepare the curd cheese first. Break 1 kg home-made curd cheese with 5 egg yolks, 20 dkg of sugar, 1 vanilla sugar, with tiny salt, with 2 made tablespoonful of flour, if ready add 1 tablespoonsful of green thyme. We beat up the white of the 5 eggs above steam, we add it to the curd cheese then. In 2 dl of lukewarm milk increase a coffeespoonful of yeast, if it came up put 1 egg, 20 dkg of butter, salt, tiny sugar, and as much flour, as it should not stick if we kneaded it together. Hold the pasta out into the size of the baking sheet, take the curd cheese cream upon it then, raise it in lukewarm place in 30 minutes. Bake it until a half an hour on a medium flame.

Thyme „lapcsánka”



Ingredients:

80 dkg of potato, 1 onion, 2 eggs, 2-3 tablespoonsful of flour, salt, ground pepper, 4 branches of thyme, oil

Completion:

We file down the cleared, peeled potato and the resembled onion, we mix it up with the eggs and the flour then. We put salt in it, we pepper it and we season it with the thyme. We bribe the baking sheet with oil, we spoon palmful portions out of the potato mass, we flatten the heaps slightly, and we spread their roof in oil. In warmed 200 degrees oven, we roast it to crisp. We serve it with thyme.

Thyme syrup



I **ngredients:** 2 dl of honey, 1 bunches of thyme

Chop up the delicate, fresh thyme, so our syrup will be thick and the honey conserves it. We let it stay until at least 2 weeks in order to the flavours can make contact well. We filter it then and we store the syrup in cool place. If someone has an allergy of pollen he can use robinia honey instead of the mixed nectar. It is very good for syrup, and dressing.

Agent:

The thyme contains a big amount of volatile oil, even 50% timol, beside this it contains karvakrol, borneol, apart from these though bitter substances, flavonoids and resin. The volatile oils are responsible for the distinguished antibiotic effect of the plant.

The main agent of the oil, the timol is twenty-five times more effective against the microorganisms, than the phenol, which is a chemical antiseptic.

Effect: the thyme honey cleans the respiratory tracts and the lung. Excellent appetizer, antispasmodic, cough soothing, digestion corrective and carminative.

Chamomile- Matricaria recutita = Matricaria chamomilla- Kamilla

Camomile-lemon cauliflower soup recipe



- » 1 l vegetable soup
- » 6 camomile tea filters
- » 1 big cauliflower
- » 25 g of butter
- » 1 onion
- » 2 celery stems (cut up)
- » the juice of 1 lemon
- » salt and pepper
- » To the decoration:
- » Camomiles
- » chives cut up into small pieces
- » We put the tea bags into the vegetable soup and we cook it until 5 minutes, then we throw the filters out. We add the cauliflower roses to it we steam it 15 minutes. We fry the cutted onion until it becomes golden, then we add the celery. We mix it up with the cauliflower together with a stick mixer, we put salt and pepper to it, we make it spicy with the juice of the lemon. At the time of serving we scatter chives and Camomile on the top of it, and then we decorate it with lemon circles.

Its agents:

3-5% azulene-content volatile oil; glikozida, tan substance, vegetal acids, sugar.

Its curative effect:

It implies anti-inflammatory, relaxing substances and vitamins. Antispasmodic, tranquiliser, it is suggested into gastric disease and problems of intestines.)

Marigold – Körömvirág – *Calendula officinalis*

Marigold syrup



Ingredients:

0,5 kg of marigold head

1db lemon

30-40 dkg of sugar

water

We boil the marigold heads in water which cover it. We cook it silently 30 minutes, we let it get cold then and put it into the refrigerator one night. We filter it in the following day, and cook it with the sugar, and we hatch 1 hour on little flame. We give the juice of the lemon to it and then we boil it. When the sugar solidifies in a thin layer on the top of the syrup (the first ice sheets appear), we switch it off, and we let it get cold. Meanwhile it becomes cool, it will be thicker, we get finally a honey density medicinal plant syrup. We may sweeten our tea, our fruit salad with it, or we may sprinkle our pancakes as the American manner. Many of the marigolds useful substances will be in it.

This syrup contains all useful substances, that the flower, and this is delicious.

Peppermint - Borsmenta - Mentha x piperita

Mint-fruit milk shake



Tactful brain massage - the vitamins make it...

Ingredients:

- 2 bananas
- 6 dkg of berried fruit (fresh or frozen)
- 2 dl of orange juice
- 3 tablespoonsful of vanilla yoghurt
- fresh mint (optional)

Completion:

• We blend the ice cold cooled bananas, the fruits and the mint leaf with the orange juice and the yoghurt, then we pour it into glasses, and we decorate it with fruit and mint.

Mint apple jelly



Ingredients:

6 dkg of fresh mint, the juice of 30 dkg of sour apple, 2,5 dl of apple juice, 1 lemon, 0,5 kgs preserving sugar, gelatin

Completion:

We rinse out the mint, we shake it into dry, we put approximately 15 letters aside, we pour it off with 0,5 litre water, and we cover it and let it until 30 minutes. We peel the apple, we file it down. We filter the mint water, we mix the leaves with the apple juice, the lemon juice, we add the apple and the sugar to it. We boil it being stirred, and we make it simmer counted from the source until 4 minutes. After three minutes we put the leaves and the gelatin in it. We put the leaves into the glasses, we close it, and approximately 5 minutes we place it into its roof. Meanwhile refrigeration we turn the glass over many times in order for the mint not to sink into its bottom.

Zsályá - Salvia - Salvia

Tea:



Infuse 2 spoons of dried or fresh sage leaves with 1 cup of boiling water, and strain it after 10 minutes.

If we use only 1 spoon of sage leaves and we drink it before eating 3 times a day we can solve the problem of feeling of fullness.

Chicken with sage



Ingredients: 1, 5 kg of chicken, 10 dkg margarine, lemon, salt, pepper, 1 egg, 1 cup of sour cream, sliced sage

Melt 10 g of margarine and fry the chopped chicken. Sprinkle it with the lemon, salt and pepper it and simmer in a little water. Sprinkle it with finely chopped sage and put the sour cream on it. Heat it but do not boil.

Sage liqueur



Ingredients:

12 dkg of sugar

8 spoons + 1 dl boiled water

a handful of sage

3 dl of white rum

Boil water with sugar syrup and cook. Put the sage leaves into the syrup and boil for 5 minutes stirring occasionally. Then cool the mixture cool slightly and pour in 1 dl of alcohol and cooled boiled water.

For fat meals use it for health reasons while it makes wild foods, cheese and sauces more delicious.