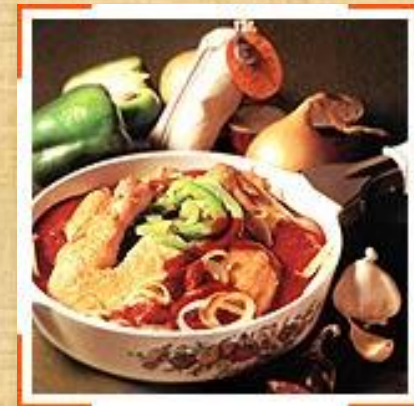


Hungarian Cuisine

Vepruk Nastya 10-A

Hungarian cuisine

Traditional Hungarian dishes are primarily based on meats, seasonal vegetables, fruits, fresh bread, cheeses and honey. Also Hungarian cuisine is characterized by dishes that are cooked with red peppers, tomatoes, peppers and onions (the famous Hungarian goulash, chicken paprikash with dumplings and cabbage rolls). Hungarian usually eat such kind of meat as pork. However, over time, people become more eat fish, chicken - foods that have less cholesterol.



Hungarian meals

In Hungary people usually have a large breakfast.

Hungarian breakfast generally is an open sandwich with fresh bread or a toast, butter, cheese or different Cream cheeses, cold cuts such as ham, véres hurka

(similar to black pudding), bacon, salami, beef tongue and different Hungarian sausages. Even eggs, (fried, scrambled or boiled), French toast and vegetables (like peppers, tomatoes, radish and cucumber) are part of the Hungarian breakfast.

Sometimes breakfast consists of a cup of milk, tea or coffee with pastries, a bun, a kifli or a strudel with jam or honey, or cereal like muesli and perhaps fruit.

Hot drinks are preferred for breakfast.



Lunch is the major meal of the day, usually with several courses. Cold or hot appetizers may be served sometimes (for example fish, egg or liver), then soup. Soup is followed by a main dish. The main dish is a dish including meat and salad, which precedes the dessert. Fruit may follow. In Hungary, pancakes are served as a main dish, not for breakfast.

Salad is always served with meat dishes, made of lettuce with tomatoes, cucumbers and onions or a simple thin sliced cucumber salad in vinaigrette. Salads like Salade

Olivier or potato salad are eaten as appetizers or even as a main course.



Some people and children eat a light meal in the afternoon, called uzsonna, usually an open sandwich, pastry, slice of cake or fruit.



Dinner is a far less significant meal than lunch. It may be similar to breakfast, usually an open sandwich, yogurt or virsli (hot dog sausage) with a bun, more seldom a cake, pancakes (palacsinta), and it consists of only one course.

General features

Hungarian cuisine is strictly not a light and delicate cuisine, but even so, has its fans worldwide. Pepper, onion, garlic and tomatoes - without these components is difficult to imagine any Hungarian dish. Hungarian food is often spicy, due to the common use of hot paprika. Sweet (mild) paprika is also common. Additionally, the combination of paprika, lard and yellow onions is typical of Hungarian cuisine.



Different types of peppers, varieties of cabbage, tomatoes, onions and potatoes are common and binding ingredients of Hungarian dishes.

National dishes

National Hungarian dishes: goulash (a cross between a thick soup and meat stew), perekelt (stew, which dominates onions), Takano (a dish similar to perekelt), paprikash (dish with cream sauce and paprika), meat soups with pork. The original Hungarian dish with vegetables – cabbage, potatoes, beans, lentils - called fezelek.



Other typical dishes are certainly lecho (lecsó) - steamed vegetables, which serve as a side dish to meat dishes, dumplings (csipetke), which are added to the stew and soups, and lanhosh (Lángos) - bread baked in butter, served with sour cream, garlic or cheese. A popular dessert is also rétes strudel with fruit, cheese, poppy or nut filling.