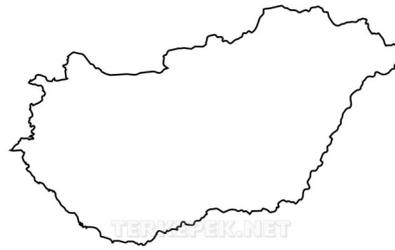


# THE FOOD AND CULTURE FACT SHEET OF HUNGARY



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## TRADITIONAL FOODS AND DISHES IN HUNGARY

**'Gulyas'** – beef soup – made of beef, carrot, potato, onion, garlic, oil, parsley, celery, 'csipetke' (small egg dumplings)<sup>2,7</sup>



'Gulyas'

**'Csirkepaprikas'** – paprika chicken – made of oil, onion, paprika, chicken, cubed peppers, spices and sour cream.<sup>2,7</sup>

**'Hortobagyi husos palacsinta'** – crepes filled with meat from 'Hortobagy' – filling is made of ground meat, either beef or pork, and prepared like stew.<sup>2,7</sup>

**'Pörkölt' with 'galuska'** – stew with egg dumplings – stew is made of pork, beef or poultry, oil, onion, garlic, pepper, spices.<sup>2,7</sup>

**'Turoso csusza'** – pasta with cottage cheese sprinkled with bacon.<sup>2,7</sup>

**'Korozott'** – cottage cheese with paprika, salt, and garlic served on bread or toast.<sup>2,7</sup>

**'Retes'** – strudel – can be filled with sweetened cottage cheese, apple, sour cherry, or pumpkin.<sup>2,7</sup>

**Palacsinta** – crepes – can be filled with sweetened cottage cheese, apple, jam, fruit, and chocolate syrup.<sup>2,7</sup>



'Palacsinta'

## TRADITIONAL EATING PATTERNS

An average Hungarian family will eat breakfast at home. It usually consists of bread, butter, cold cuts, eggs or cereal.<sup>2</sup> Some children eat lunch at home, while others eat in the school, which consists of soup and a main course, which is often a vegetable stew (fozelek, and very nutritious.<sup>2</sup> In some traditional families, the father may go home to eat lunch; however more common to eat at cafeterias.<sup>2</sup>

Around 10 a.m. adults as well

as children in school eat snack called 'tizorai', which can be toast, a simple sandwich, sweets, coffee or tea.<sup>2</sup>

The family gathers around the table for dinner around 7 p.m. It is usually a warm meal: homemade stew (porkolt) or soup, ham and eggs.

Weekend lunch traditionally is a big family meal, which includes homemade meat soup with noodles, meat with rice or potato accompanied by pickled

vegetables.<sup>2</sup> Hungarians do not frequently use ready-to-eat meals.<sup>5</sup> Traditional 'fast' foods can be made quickly at home when time is pressing.<sup>6</sup>

### Quick facts

- Location: Republic of Hungary is located in Central Europe<sup>3</sup>
- Population: about 10 million<sup>3</sup>
- Terrain: mostly flat to rolling plains<sup>3</sup>
- Ethnic groups: more than 85 percent Hungarians<sup>3</sup>
- Language: Hungarian<sup>3</sup>
- Religion: mainly Roman Catholic<sup>3</sup>
- Lake Balaton provides freshwater fish; it is also a popular summer resort and the largest lake in Central Europe<sup>2</sup>
- Gastronomic tourism is significant<sup>7</sup>

### What is traditional food?

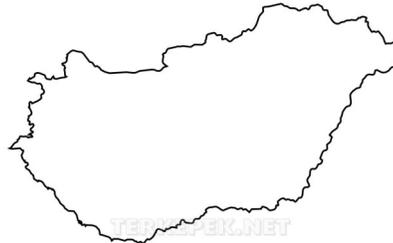
Quality or fame attributable to the place of origin<sup>1</sup>

Identifiability of the product name with the place of origin<sup>1</sup>

## MAJOR RELIGION IN THE CULTURE

More than half of Hungarians are Roman Catholic; others are Calvinist, Lutherans, Greek Orthodox, and Jewish.<sup>2,3</sup> Religion does not have major effect on diet.<sup>2</sup> Jewish people very rarely follow kosher diet.<sup>2</sup>

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## HOLIDAY FOODS

### Christmas

Bakeries are filled with chalah-like cakes filled with poppy seeds and walnut called 'beigli' or 'kalacs'.<sup>2</sup>

Christmas Eve Dinner: fish with potato salad and tartar sauce.<sup>2</sup>

Christmas Day dinner: stuffed turkey, chicken, or roasted duck with cabbage and potato.<sup>2</sup>

**New Year's Eve** is called 'Szilveszter': Hungarians drink sparkling wine or champagne. Dinner: roasted suckling pig with red cabbage and potato.<sup>2</sup>

### Easter

Hungarians eat boiled colored eggs with boiled smoked ham, grated horseradish, and challah bread for breakfast. Catholics usually abstain from eating meat

## CURRENT FOOD PRACTICES IN BOTH THE NATIVE COUNTRY AND IN THE USA

Hungarian diet: traditional ingredients regardless of economic status.<sup>2</sup>

Hungarians are mainly meat eaters; pork is dominant.<sup>2</sup>

Very few Hungarians are vegetarians.<sup>2</sup>

Shopping: in local grocery stores.<sup>2</sup>

Farmers' markets are popular and preferred.<sup>2</sup>

Butcher's shop carry all animals parts.<sup>2</sup>

Root vegetables are often used.<sup>2</sup>

Red pepper is ground - 'Piros Arany' meaning red gold.

Fruits are turned into jam, or compote at home. They make sugary syrup called 'szorp', served as a beverage with water.<sup>2</sup>

Sour cream is a must have in a Hungarian kitchen.<sup>2</sup>

'Turo' is very popular; the closest ingredient in USA is cottage cheese.<sup>2</sup>

Grilling is not common in Hungary; but cooking 'gulyas' outdoors in a big cauldron called 'bograc' is.<sup>2</sup>

Soup is an every day meal in Hungary.<sup>2</sup>

Hungarians were forced to be economical; therefore their food is not complicated. It is easy to prepare it in the USA.

## SYMBOLIC FOOD WITH SPECIAL MEANING

Bread: celebrating the new bread symbolizes prosperity<sup>4</sup>

Festivals: celebrating harvest of important crops with cooking competitions for 'gulyas' and 'halaszle'. (fish soup)<sup>2,7</sup>

## BEVERAGES

Palinka is an extremely strong alcoholic beverage, like brandy.<sup>2</sup>

Hungarian mineral water is famous for its high mineral content. They drink both mineral and tap water.<sup>2</sup>

Coffee is usually a strong espresso served with a glass of water.<sup>2</sup>

'Tokaji aszu', is a top quality white wine from the Northern hills, and 'Egri Bikaver' is red wine from the Southern

### 'Paprikas csirke' - Paprika Chicken Recipe

2 tbsp lard (or oil)

2 large onions, peeled and minced

1½ tsp salt

2-3 tbsp sweet paprika

1 or 2 tomatoes, chopped

2 lb chicken pieces

1 banana pepper, sliced into rings

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