



YOUTH FOR UNDERSTANDING  
Hungary



## CATERING PROGRAM IN HUNGARY

### *Hungarian Traditions*

Hungarians are hospitable people, always ready to offer delicious food, excellent wine and great company. We are passionate about food, especially our local cuisine, and gastronomy is a key part of our culture. Every proper family celebration involves fantastic meals, and you can be sure that the first question of Hungarian host mothers is always „Are you hungry/Would you like to eat?” 😊



### *Hungarian Cuisine*

Hungary is a major producer of the world-famous **paprika** powder and it is an essential ingredient in our cuisine, just like meat. Our most famous dishes made from them are original **Goulash**, and ‘**pörkölt**’ (beef or pork stew).







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Hungarians are real souplovers, no doubt about that. A fine ‘**húsleves**’ (chicken soup) is part of any proper Sunday lunch. Two remarkable elements of Hungarian cuisine – that are hardly noticed by locals – are the different forms of vegetable stews called ‘**főzelék**’ as well as cold fruit soups, for instance sour cherry soup. However, our diverse cuisine also features many much-loved elements often associated with other European nations’ cooking like cheese, barbequed and breaded meats, garlic, goose liver, fish dishes, sausages and pastas.

## Catering program

YFU Hungary invites students to spend an exchange year in one of the **Catering High Schools** of the country. As part of the program, students can be trained as a **cook** or **confectioner**. In order to qualify for this exchange year, students must have studied catering before for at least 2 years, or have a job experience of 1 year. Hungary’s chefs are rigorously trained through an **apprenticeship** process, which explains the teaching method of our Catering High Schools. Students attend both theoretical and practical training as part of the coursework, practical training in the school and on-site at a hotel or restaurant.

