



**WATER. WONDER.
WELCOME.**



Popular dishes of the Lake Balaton region

2017.04.29. 14:19 CET

Lake Balaton will be one of the central venues of the 17th FINA World Championships and the FINA World Masters Championships, since the open water swimming events will be held in Balatonfüred. Thousands of guests are going to visit the city and its surroundings, and they will have the opportunity to get to know the best dishes of the region. Let us recommend 10 typical dishes one should definitely not miss when visiting the region.

Jókai bean soup

The great Hungarian author Mór Jókai loved Balatonfüred, he had a mansion in the city, where he wrote one of his most famous novels *The Man with the Golden Touch*. Jókai used to visit the best restaurants of Füred, and his favourite food was bean soup with pig claw. The soup which was named after him, however, is not exactly like the one he liked to eat: classic Jókai bean soup contains the hand of pork and sour cream as well.

Bakony-style betyár (rascal) soup

The dishes of the Bakony (a mountain north of the Lake Balaton) can be found in the menu card of most restaurants of the region. People who visit Hungary would usually like to try the famous goulash soup first, and this is one of its variations. The secret of the Bakony-style betyár soup lies in the veal which is savoured by smoked bacon, mushroom, different kinds of vegetables and a little bit of dill. Jóska Sobri, the famous rascal of the Bakony would love it!

Balaton-style fish soup

It goes without saying that fish soup is one of the typical dishes in the region. The Balaton-style fish soup contains a lot of different kinds of fish such as carp, catfish, crucian carp, seabream or brown bullhead, creating a delicious dish. Red and green paprika, potato, onion and garlic are all vital ingredients as well, if you prefer spicy foods, you can also add some hot paprika.

Roast zander

Zander is a very popular species of fish in the Lake Balaton region, it is a must try! It can be

made in many different ways, but the best choice is to ask for a fine roast zander in a restaurant. A little bit of salt, flour, red paprika and some cooking oil: that is all you need to prepare this beautiful dish.

Balaton-style breaded carp

Hungarian families traditionally eat breaded carp on Christmas Eve, but if you visit the Lake Balaton region, you should not miss it at any time! It is very typical of the Balaton area. Just like the roast zander you do not need too many ingredients to prepare it, all you have to do is to sit in a pleasant restaurant and decide which garnish you choose with the fish: rice, French fries or potato salad with mayonnaise.

Betyár-style paprika mouton

The betyár (rascal) cult has great tradition in Hungary, with some special dishes related to it. Betyár-style paprika mouton is available mostly in restaurants of the northern shore of Lake Balaton. Mouton, onion, red paprika, sour cream are all important ingredients, but the secret lies in dry red wine. You can drink a glass of that as well of course!

Pheasant with Hungarian salsa

You can find a whole lot of animal species in the region, which are typical in this area. For those who prefer to eat pinionists, local restaurants offer some really great dishes, like pheasant with Hungarian salsa. The latter is a traditional Hungarian food, which can be served with well done pheasant, it tastes really good!

Csáky-style filled sirloin

Sándor Csáky was a famous chef at the beginning of the 20th century in Balatonfüred, with many amazing foods attached to his name. The most famous and at the same time the most simple one is a sirloin filled with Hungarian egg salsa, served with sour cream and paprika sauce, which is one of the most popular dishes around Lake Balaton as well as in other prestigious restaurants of Hungary. [\[1\]](#)

"Swan"

We do not mean the lovely charming bird typical of Lake Balaton: you must not eat it because it is a protected bird. "Swam" is the name of a delicious dessert, which is a variation of cream bun in the shape of a swan. Perfect choice for a date!

Langos

Langos is not the most complicated food in the world, on the contrary, but if you are hungry, it is the best choice to quell, and it belongs to the real Balaton feeling! You can buy it in small buffets ashore and in high-standard restaurants as well. Langos can be eaten with many different toppings like sour cream and cheese, ketchup and cheese, sausage or cabbage. Do not miss it!

