



Traditional Hungarian Goulash

Authentic beef dish cooked with onions, paprika and tomatoes



Ingredients

Main course from our Hallowe'en dinner

- 🍴 3lbs either stewing veal or lean pork
- 🍴 2oz butter
- 🍴 1-1½pts chicken stock
- 🍴 4 onions
- 🍴 2tblsps good quality paprika
- 🍴 4tblsps tomato purée
- 🍴 Herbs (thyme, oregano and marjoram)
- 🍴 2 seeded and chopped de-seeded red peppers
- 🍴 2oz plain flour
- 🍴 1lb tomatoes
- 🍴 10oz soured cream
- 🍴 2tsps lemon juice

- ① Cut the veal/pork into 1" cubes. Put flour in a plastic bag (small freezer type bag), add veal/pork pieces in a few at a time, shake to coat, remove and set aside on a plate. Don't throw away the remaining flour.
- ② Peel and finely slice onions; peel and crush garlic. Heat butter and oil in a large pan and when hot, place a few cubes of meat in, turning over till well browned on all sides. Remove with a slotted spoon and put to one side on a plate. Continue till all the meat has been used (nb. If butter/oil mix dries up, just add a little more).
- ③ Then to the remaining butter/oil in the pan, add the onions and fry gently, stirring continuously, till transparent. Then add in crushed garlic (do not add with onions or the garlic will burn and become bitter), and continue stirring, cooking for about 5mins till onions are soft.
- ④ Add remainder of flour and coat the onion mix well. Add tomato purée and paprika and dried herbs, and blend well. Then slowly add stock, stirring continuously, so flour does not solidify in lumps.
- ⑤ Put back in meat, bring to the boil, stirring continuously, then lower the heat, cover and cook gently (simmer) for at least 1hr. Then add finely sliced peppers and tomatoes and cook a further half hr or until meat is very, very tender. Taste and adjust seasoning as required. You should end up with a very rich, thick sauce.

