

## **Beef Goulash:**

### **Origin:**

Goulash **or Gulyàs** is traditional Hungarian dish, symbol of that country.

Gulyàs means herdsmen or cattle herder in Hungarian.

It is a common dish which was prepared and eaten by Hungarian shepherds back in the 10<sup>th</sup> Century. At that time the cooked and flavored meat was sun dried and packed into bags made of sheep's stomachs, needing only water to be ready to eat. **It had no paprika.**

This spice was introduced by Ottoman Turks invaders in the 15<sup>th</sup> Century, Hungarian people loved it so much that it became, and is still, one of the primary spices in their cuisine.

Goulash is more a soup than a stew, its modern version call for beef meat whereas the original herdsmen had more access to mutton.

The typical cuts include shank, shoulder or chuck, top round could be used but is too lean.

Different versions of Goulash exist such as **Babguliàs, which has beans** or **Hamisgulyàs, which is meatless.** There is also the **Brogàcsgulyàs**, which is traditionally prepared in a kettle called **bogrács**,

The main ingredients are meat, onions, potatoes, carrots, paprika, sometimes caraway seeds and a dollop of sour cream, before serving, if desired.

There is no use of flour or roux in the traditional recipe.

Different pots can be used to cook this dish such as:

- **Dutch Oven**
- **Large Stock Pot**
- **Large Granite Ware Oval Roaster**
- **Slow Cooker**



### Recipe for 4 people:

3 tbsp pork lard or butter  
1 ½ lb. yellow onions chopped  
1 ½ lb. stewing beef or lamb meat cubed  
¼ cup quality genuine sweet paprika  
5 cloves garlic minced  
2 red peppers, seeded, membranes removed, cut into ½ inch chunks  
1 yellow pepper, seeded, membranes removed, cut into ½ inch chunks  
1 tin of peeled & crushed tomatoes  
2 carrots peeled and diced  
2 medium yellow potatoes peeled and cut into ½ inch chunks  
5 cups beef broth  
1 bay leaf  
Salt & pepper  
½ tsp crushed caraway seeds  
4 tbsp sour cream

### Instructions:

- Heat the lard or butter in a cookware of your choice.
- Add the onions and cooked them until slightly brown (~5 minutes)
- Add the meat and cook until the meat starts to brown (~7 to 10 minutes)
- Add bell peppers, tomatoes and garlic, cook for another 5 minutes, stirring all the time
- Remove from the heat, add paprika, salt & pepper and caraway seeds (if used)
- Stir and add beef broth, bay leaf
- Return to the stove and bring to a boil
- Reduce the heat, cover and simmer for 40 minutes on the stove, medium heat, or in the oven at 325°F
- Add carrots and potatoes and keep simmering for another 30 to 40 minutes or until beef meat is tender
- Check seasoning, remove bay leaf
- Serve with a dollop of sour cream on each plate
- **Even better when reheated the next day!!!!**

**Bon Appetit!!!!**