



HUNGARIAN

Hungarian Beef Goulash (Gulyás)

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Involved	6	25 min	2 hr 30 min	Stew	Chuck roast & stew beef

Ingredients

- 1.2 kg (2½ lb) chuck roast, cut into 3 cm (1¼ in) cubes
- 3 tbsp lard or vegetable oil
- 3 large onions (about 700 g / 1½ lb), finely chopped
- 3 cloves garlic, minced
- 3 tbsp sweet Hungarian paprika
- 1 tsp caraway seeds, lightly crushed
- 1 tbsp tomato paste
- 1 tsp salt, plus more to taste
- 1 litre (4 cups) water or beef stock
- 1 green bell pepper, diced
- 1 large tomato, chopped
- 500 g (1 lb) potatoes, peeled and cut into 2 cm (¾ in) cubes
- 2 carrots, sliced
- Sour cream, to serve

Steps

1. Melt the lard in a heavy pot over medium heat. Add the onions and cook, stirring often, for 15 minutes until soft and golden, not dark.
2. Add the garlic and beef and cook, stirring, for about 8 minutes until the meat turns grey-brown on the outside. Goulash is not seared hard, so there is no need for a crust.
3. Take the pot off the heat and stir in the paprika, caraway, tomato paste and salt right away. Off the heat prevents the paprika from scorching and turning bitter.
4. Return to low heat, add the water, pepper and tomato, and bring to a bare simmer. Cover partly and stew for 1½ hours, stirring occasionally.
5. Add the carrots and potatoes and top up with a little water if the stew looks thick. Simmer 30 to 40 minutes more until the potatoes are soft and the beef is tender.
6. Taste for salt. The sauce should be thick, brick-red and slightly oily on top.
7. Serve in bowls with a spoonful of sour cream.

Notes

- **Serving:** add small egg dumplings (csipetke) or serve with crusty bread.
- **Heat:** stir in a pinch of hot paprika or a sliced chilli for a kick.
- **Make ahead:** keeps four days in the fridge and tastes deeper the next day.
- **Slow cooker:** do steps 1 to 3 on the stove (paprika off the heat), then cook on low 8 hr or high 4–5 hr with 750 ml (3 cups) water, adding the potatoes and carrots for the last 2 hr.
- **Freezer:** freezes for up to 3 months; the potatoes soften a little. Thaw overnight in the fridge and reheat until steaming hot.
- **Twist:** for a non-traditional twist, swap half the sweet paprika for smoked paprika.