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Authentic Hungarian Goulash (Gulyás)

Even in Hungary every other housewife or chef has its own way of cooking it by adding or omitting some of the ingredients, or hanging something in the preparation process, however they would all call their own Gulyás the most authentic. Let me share some **historical background** of the Hungarian goulash together with our Grandmother's recipe and some cooking tips

What is an authentic Hungarian Goulash?

Authentic gulyás is a **beef dish/pork dish** cooked with **onions**, Hungarian paprika powder and some **green /red and /or yellow pepper**. Hungarian goulash is neither a soup nor a stew, it's somewhere in between. If cooked in the proper way goulash has a nice and evenly **thick consistency**, almost like a sauce. In Hungary gulyás is eaten as a **main dish**; noodle or rice or a slice of nice sour dough bread. Mhhhhhhh! Here is the recipe:

Ingredients (for 4 persons)

- 600 g beef sheen or shoulder, or any tender part of the beef cut into 2x2 cm cubes
- 2 tablespoons oil or lard
- 500g onions, chopped
- 1 pinch of Garlic
- 1-2 carrots, diced
- 1-2 celery leaves
- 3 tbs. tomato paste (or even better, Paprika paste)
- 2 fresh green/red or /and yellow peppers (Paprikaschoten)
- 1 tablespoon Hungarian paprika powder (hot or mild as per your taste)
- 1 teaspoon sugar
- ground black pepper and salt according to taste
- water



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Oma Piroshka's Instructions:

1. **Heat up** the **oil** or **lard** in a pot and **braise** the chopped **onions** and carrots until they get a nice brown color.
2. Sprinkle the braised onions and carrots with **paprika powder (or Piroshka's Goulash mix)** while stirring to prevent the paprika from burning. Remove from Pot!
3. Use the same pot, if necessary add some more oil, add the **beef cubes** and **sauté** them till they turn brown as well. Remember: the browner the cubes, the darker the sauce.
4. The meat will probably leak out its own **juice**, so don't get impatient. Let the meat cubes get nicely brown! Add the garlic **powder** (or grated garlic has stronger flavor), **salt**, **sugar**, **ground black pepper (or Piroshka's Goulash Mix)**, pour water enough to cover the content of the pan and let it simmer on low heat for a while.
5. When the meat is **half-cooked** (approx. in 1, 5 hour, but it can take longer depending on the type and quality of meat) add the **celery leaf** and some more **salt** if necessary, and / or pepper, Paprika, sugar (just according to your taste!). You'll probably have to add some more (2-3 cups) **water** too.
6. When the meat is almost **done** add the **tomato paste** and the sliced **peppers**. Let it cook on low heat for another few minutes. You can remove the lid of the pan if you want the soup to thicken but usually it thickens as soon as the onions are cooked.

Serve with a nice glass of red wine (note: it must not be Hungarian.....it only needs to be a very, very good wine!!!) Enjoy

Inge and Jutta and Granny Piri