

YB

yagaburne beef



Goulash

A popular Hungarian beef stew served in a crusty bread.

Serves: 5

Preparation time: 10 minutes

Cooking time: 2 hours

Ingredients

800 g	stewing beef, diced
200 g	onions, peeled and chopped
15 g	paprika
5 g	garlic, peeled and chopped
1 g	caraway seeds
500 ml	tomato puree
100 g	carrots, peeled and diced
50 g	celery, diced
1 litre	red wine
100 g	green capsicum, diced

Method

1. Fry the onions until golden in olive oil. Add the paprika and stir well.
2. Add the meat, garlic, caraway and tomato puree, and cook 10-15 minutes, stirring frequently.
3. Add the vegetables, wine and about 1 cup of water, bring to the boil and simmer, covered, for 1 1/2 hours, or until meat is tender. add the peppers and cook for a further 5-10 minutes.

Serving suggestion

Serve hot with potato dumplings or serve in a crusty bread shell if desired.