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How to make Goulash - Oma's way!

Ingredients:

- 2 lbs boneless beef chuck, cut into ½-inch cubes
- 3 Tbsp butter or oil
- 1 Tbsp tomato paste
- 3 - 4 onions, coarsely chopped
- 1 clove garlic, minced (optional)
- 2 carrots, sliced
- 1 - 2 Tbsp sweet Hungarian paprika
- 1 cup red wine (or water)
- 2 cups beef broth (or bouillon cubes & water)
- 1 bay leaf
- ½ tsp each salt and pepper

Instructions:

1. In a large pan, brown the beef cubes in two batches in the butter or oil over high heat, removing browned meat to a bowl.
2. Add onions and garlic (if using) and fry until translucent, about 5 minutes.
3. Add remaining ingredients and the browned beef cubes.
4. Bring to boil. Reduce heat to simmer and cover.
5. Simmer for about 1½ hours or until meat is tender.
6. Check seasoning and adjust as needed.
7. If you wish to make the gravy thicker, mix about 1 - 2 Tbsp cornstarch with a bit of cold water and stir in as needed to thicken.
8. Serves 4 - 6.

Hints:

- Add 1 lb green beans.
- You can add the carrots after the goulash has simmered 45 minutes if you like it to have a bit more "texture".
- 1 tsp thyme is a nice addition.
- You can add about 4 potatoes, cut into ½-inch cubes if you wish. Add it when you add the carrots.

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- Adding cayenne pepper gives a bit of spice. Or, try adding Montreal Steak Spice (totally non-German, but Opa and I like the 'kick' it gives!)

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