

BEEF GOULASH



INGREDIENTS

- 2 kg braising steak in chunks
- 2 onions diced
- 2 red peppers sliced
- 2 green peppers sliced
- 4 cloves of garlic crushed
- 2 x tin chopped tomatoes
- 2 tablespoons of tomato paste
- 500ml beef stock
- 300ml red wine
- 2 teaspoons of caraway seeds
- 1 tablespoon paprika
- 2 tablespoons of smoked paprika
- 4 bay leaves
- Sea salt and black pepper to taste
- 2-3 tablespoons of olive oil
- 2 tablespoons of flour or cornflour
- Sour cream or natural yoghurt to serve

NOTE: I like to serve with rice, mash, couscous, and seasonal vegetables.

This freezes really well.

DIRECTIONS

- 01 Place the beef chunks in a large bowl and add a tablespoon of olive oil. Season with salt and pepper.
- 02 In a large, hot pan, sear the beef in batches for a couple of minutes, no more. Once browned, place it in a separate bowl and set aside.
- 03 Using the same pan, add the caraway seeds and a tablespoon of olive oil. Cook for 1 minute before adding the red wine, cooking off the alcohol and deglazing the pan for a couple of minutes. Pour this over the beef that you have set aside.
- 04 Add the diced onions to the same pan with another tablespoon of olive oil and cook for 4-5 minutes on medium heat until they have started to soften.
- 05 Add the crushed garlic and cook for a minute before adding the tomato paste and sprinkling over the smoked paprika and standard paprika. Cook for a couple of minutes before adding the sliced peppers, tinned tomatoes, stock, and returning the beef to the pan.
- 06 Sprinkle over the flour (or cornflour) if you want to thicken the sauce a little. Add some more salt and pepper, bay leaves, and a little water if needed to make sure it's just covered.
- 07 Bring to the boil, then simmer for 2-3 hours. I use my simmering oven of my Aga. If using a slow cooker, turn it to low and set for 8 hours.

