

VIENNA GOULASH

TRADITIONAL HUNGARIAN STEW



INGREDIENTS

- *1 kg beef or pork for stew
- 3 large onions, diced
- 2 bell peppers, diced
- *1 tsp tomato paste
- 4 cloves garlic
- Oregano (to taste)
- Caraway seeds (to taste)
- *4 tbsp. ground paprika
- 1 tsp. white wine vinegar
- salt & pepper to taste
- 100 ml red wine
- *100 ml broth
- *olive oil for frying
- 1 tbsp sour cream

Optional sides:

- potatoes
- *spaetzle

*ALL ITEMS WITH AN ASTERISK
AVAILABLE FOR PURCHASE AT
SMOKEHOUSE OF THE CATSKILLS*

DIRECTIONS

1. Heat the oil in a large pot.
2. Dice the onion and the bell peppers.
3. Add onion to the oil and fry for 9 minutes while stirring.
4. Add the garlic and tomato paste and continue to fry it for one minute.
5. Add the wine, broth, paprika, oregano, salt, and pepper and stir.
6. Next, add the meat, cover the pot with a lid and reduce the heat so it only slightly boils.
7. Cook for about 2 to 3 hours, stirring occasionally. Check frequently if there is enough liquid. If needed, add a little more broth.
8. After 30 mins add the caraway seeds and the white wine vinegar.
9. After 2 hours or 30 minutes before the goulash is ready, Add the bell peppers and continue to cook.
10. When the meat is cooked through, spice with salt and pepper.
11. Top with sour cream.
12. Serve with potatoes or spaetzle