

Hungarian Goulash

The distinguishing ingredient in this Hungarian beef stew is the paprika. If you are fortunate enough to be able to obtain real Hungarian paprika, the taste will be that much better. Serve the stew with spaetzli, Polenta, or buttered noodles and pumpernickel bread. Makes 4 to 6 servings. Begin about 1 1/2 hours before serving, cooking time 1 hour to 1 hour 25 minutes.

2 Tbsp butter or vegetable oil
1 2 garlic cloves, minced
2 cups chopped onions
2 pounds boneless beef round, pork, or veal, cut into even 1-inch cubes
2 Tbsp all-purpose flour
2 cups beef broth

2 Tbsp tomato paste
1 Tbsp paprika (preferably Hungarian)
1/2 tsp salt
1/4 tsp pepper
2 tsp caraway seeds
(optional)

In a 3-quart casserole combine the butter, garlic and onions. Cook on HIGH for 3 to 5 minutes, or until the onions are tender, stirring once,

Meanwhile, in a large bowl toss the meat cubes with flour to coat. Add the meat to the onions. Cover tightly and cook on HIGH for 10 minutes, or until little or no pink color remains, stirring after 5 minutes to move the less cooked pieces to the outside.

Stir in the remaining ingredients. Cover again cook on HIGH for 7 to 10 minutes, or until boiling, stir. Cover again and cook on MEDIUM 40 to 60 minutes, or until the meat is tender, stirring once or twice. Let stand, covered, for 10 minutes.

Variations:

Goulash with Mushrooms: During standing time, cook 1 pound mushrooms, sliced. Stir into the goulash before serving.

Creamed Goulash: Pork or veal cubes are preferred. Reduce the beef broth to 1 cup. At the end of cooking and before standing time, stir in 1 cup sour cream.

Goulash with Sauerkraut: Pork or veal cubes are preferred. Reduce the beef broth to 1 cup. Add 1 pound rinsed sauerkraut with the meat. At the end of cooking and before standing time, stir in 1 cup sour cream. Serve with buttered noodles or spaetzli.

Goulash with Red and Green Peppers: During standing time, combine 1 sweet red pepper and 1 green pepper, cut into strips, in a small microwaveproof dish. Cover tightly and cook on HIGH for 3 to 5 minutes.

Garnish the stew with peppers before serving.