

Goulash (Gulyás)



Ingredients:

- 2 pounds (about 1 kg) beef stew meat, cut into cubes
- 2 large onions, finely chopped
- 2 cloves garlic, minced
- 2 tablespoons vegetable oil
- 2 tablespoons sweet paprika
- 1 teaspoon caraway seeds
- 1 teaspoon dried thyme
- 2 bay leaves
- 2 tablespoons tomato paste
- 4 cups beef broth
- 2 large potatoes, peeled and cut into chunks
- 2 carrots, peeled and sliced
- Salt and pepper to taste
- Chopped fresh parsley for garnish
- Sour cream for serving (optional)

Instructions:

1. Prepare the Ingredients:

- Cut the beef into bite-sized cubes.
- Finely chop the onions and mince the garlic.
- Peel and cut the potatoes and carrots.

2. Sauté Onions and Garlic:

- Heat vegetable oil in a large, heavy pot over medium heat.

- Add chopped onions and sauté until they become translucent.

3. Brown the Beef:

- Add the beef cubes to the pot and brown them on all sides. This adds flavor to the dish.

4. Add Spices:

- Stir in sweet paprika, caraway seeds, dried thyme, and bay leaves. Mix well to coat the meat.

5. Incorporate Tomato Paste:

- Add tomato paste to the meat and spice mixture. Stir until well combined.

6. Pour in Beef Broth:

- Gradually pour in the beef broth while stirring. Ensure that the tomato paste is well dissolved.

7. Simmer:

- Bring the mixture to a boil, then reduce the heat to low, cover the pot, and let it simmer for about 1.5 to 2 hours. This slow cooking allows the flavors to meld.

8. Add Potatoes and Carrots:

- Add the peeled and chopped potatoes and sliced carrots to the pot. Continue to simmer until the vegetables are tender and the meat is fork-tender.

9. Season:

- Season the Goulash with salt and pepper to taste. Adjust the seasoning according to your preference.

10. Serve:

- Once the Goulash is ready, discard the bay leaves and serve the stew hot.
- Garnish with chopped fresh parsley.
- Optionally, serve with a dollop of sour cream on top.

Enjoy your homemade Goulash! It pairs well with crusty bread or noodles.