

Originally from Hungary, a good goulash is tender and creamy with a little bit of bite from the paprika.

Sweet paprika veal goulash

1.5 kg (3 lb 5 oz) veal shoulder
2 tablespoons butter
2 tablespoons oil
2 large brown onions, chopped
4 garlic cloves, crushed
1½ tablespoons sweet paprika
1 teaspoon caraway seeds
1 bay leaf
2 red capsicums (peppers), seeded and thinly sliced
400 g (14 oz) tin chopped tomatoes
1 tablespoon tomato paste (purée)
310 ml (1¼ cups) beef stock
250 ml (1 cup) red wine
1½ tablespoons red wine vinegar
1 large potato, peeled and diced
sour cream
buttered noodles

Cooking time 3 hours

Serves 6

TRIM THE VEAL OF FAT AND SINEW and cut into small cubes.

Melt half the butter with the oil in a large, heavy-based saucepan and brown off the veal in batches over a medium-high heat, then set aside. Add the onions to the pan with a little more butter and oil, if needed, and cook over a medium heat, stirring regularly for 10 minutes or until golden.

ADD THE GARLIC, PAPRIKA, CARAWAY AND BAY LEAF and cook for 1 minute or until the spices are aromatic. Add the meat to the pan with the capsicum, tomato, tomato paste, stock, wine and vinegar and stir to scrape up any pan bits. Bring to the boil and spoon off any scum that floats to the surface. Reduce the heat to low and simmer gently, covered, for 1 hour, lifting the lid to stir occasionally, then cook, uncovered, for a further 1½ hours, stirring occasionally.

ADD THE POTATO TO THE PAN in the last half hour. The meat should be very tender but not falling apart. Season and serve with a dollop of sour cream and buttered noodles.