

HUNGARIAN 4 SEASONS GOULASH

RECIPE BOOK NAME

Nutrition Facts

Per Serving: Protein 5.2g; fat 9.2g; carbohydrates 23.2g; cholesterol 27.1mg; sodium 46.1mg; lorem ipsum 50.0g; lorem ipsum 100.0g; lorem ipsum 10.0g.

CHEF'S WORDS

Goulash (Hungarian: *gulyás*) is a soup or stew of meat and vegetables seasoned with paprika and other spices...

INGREDIENTS

1kg good braising steak, preferably chuck steak

1 tbsp sunflower oil

3 medium onions, cut into 12 wedges

2 tsp hot smoked paprika

1 tbsp paprika

500ml cold water

300g lorem ipsum

2 tbsp lorem ipsum

2 lorem ipsum

1 red lorem ipsum

1 green lorem ipsum

1 orange lorem ipsum

Flaked sea salt

Freshly ground black pepper



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DIRECTIONS

Brown the meat - In a large skillet heat the olive oil over high heat. When the oil is hot add the beef, season with salt and pepper and continue to sear till the meat begins to brown...