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## Hungarian goulash

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Plz let me know if u get this... I don't use shortening but I normally use the organic olive oil from Costco to fry:)...  
My friend said she likes to add a little more sugar cause she likes it sweeter but one can always taste n try throughout. I'm even thinking abt making this n bringing to Klint n fam when we visit them in next few weeks:)  
I saw your email time of sending... plz ensure U get enough sleep zzzzzzz's  
Luv u lots Xxxooooxxxxoo  
PS... my friend also tried pork butt recipe in v.2 Lowe cookbook n she n family loved it...recipe from your dad. She put over ramen soup. Prompted me to make again n it's so delish!! I miss your dad:(

### Notes:

Karen told me that this recipe is from an old Betty Crocker cookbook that she got in the 1960's or early 1970's.

I replaced the shortening with butter and the flour with cornstarch.

To cook this with an electric pressure cooker:

1. Cook the onions and garlic in the pressure cooker for about 2 minutes.
2. Add the beef and cook for about 3 minutes.
3. Add the remaining ingredients, except for the cornstarch and 1/4 c. water.
4. Cook at high pressure for 15 minutes.
5. Let the pressure release naturally (about 20 minutes).
6. Remove the cover. Bring the liquid to a boil.
7. Mix together the cornstarch and 1/4 c. water, and add the mixture to the pot to thicken the sauce.

...cook, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute. Serve over rice.

6 SERVINGS.

## HUNGARIAN GOULASH

- ¼ cup shortening
- 2 pounds beef chuck or round, cut into 1-inch cubes
- 1 cup sliced onion
- 1 small clove garlic, minced
- ¾ cup catsup
- 2 tablespoons Worcestershire sauce
- 1 tablespoon brown sugar
- 2 teaspoons salt
- 2 teaspoons paprika
- ½ teaspoon dry mustard
- Dash cayenne red pepper
- 1½ cups water
- 2 tablespoons flour
- ¼ cup water
- 3 cups hot cooked noodles (page 224)

Melt shortening in large skillet. Add beef, onion and garlic; cook and stir until meat is brown and onion is tender. Stir in catsup, Worcestershire sauce, sugar, salt, paprika, mustard, cayenne and 1½ cups water. Cover; simmer 2 to 2½ hours.

Blend flour and ¼ cup water; stir gradually into meat mixture. Heat to boiling, stirring constantly. Boil and stir 1 minute. Serve over noodles.

6 TO 8 SERVINGS.

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