

# RECIPE: Sophie's Hungarian Goulash



“This is my wife’s recipe of the famous Hungarian dish!”  
Goulash is a soup or stew of meat and vegetables, seasoned with paprika and other spices. Originating from the medieval Kingdom of Hungary, goulash is also a popular meal in Central Europe, Scandinavia and Southern Europe.  
– *Gábor Závodi, Vinociped tour company in Hungary*

**Serves 6-8 people**

## Ingredients

500 g stewing steak  
50 g lard or 3 tablespoons vegetable oil  
2 onions  
800g potatoes  
2 big carrots  
1 big turnip  
1 celery  
green pepper  
2 tomato  
ground paprika  
salt  
pepper

## Directions

Use the tender cuts of beef (or pork or elg) such as chuck, shank or chump. Remove the membranes and clean the meat properly , then cut into cubes. Slice the onion and fry the rigs in hot grease. Take the pot from the oven (if the red paprika fry it becomes bitter, take care!) and sprinkle with sweet ground red paprika and add the meat. Put back on the stovetop. Fry for a couple of minutes and add enough water (or 1-2 dl red wine) to cover. Add salt, black pepper and chopped tomato and green paprika and some cumin. Then simmer for about 1 hour (depends on the meat). When it is almost tender add the cubed potato and carrott, turnip, celery. Add about 1.2 liters of water and chopped parsley. Cover it and wait until the potato and the meat is ready. Salt as desired. The secret is the slow boiling and to not fry the red paprika at the beginning! You can add pasta 5 min. before it's ready. Enjoy!



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