

Hungarian Goulash
KURT GUTENBRUNNER

Serves 8

5 lbs Beef Shin Meat (Trimmed of Fat & cut into 1" dice)

6 Spanish Onions – Finely diced

3 Tbsp of Hungarian Paprika

2 Tbsp of Tomato Paste

1 Tbsp of Marjoram

1 Pinch ground caraway seeds

1 Bay leaf

1 Clove garlic (chopped)

Water

Salt and pepper to taste

1. Sautee onions until caramelized and add garlic
2. Add paprika, tomato paste marjoram, caraway and cook for 2 minutes longer stirring constantly not to scorch paprika
3. Add beef and water just to barley cover meat
4. Add bay leaf, salt and pepper and bring to boil
5. Reduce heat to low simmer and cook for at least 1 hour, stirring occasionally
6. Goulash is done when meat is tender. Adjust seasoning to taste