

Beef Goulash

Marha Pörkölt



3 lbs beef (try tripe)
5TB of vegetable oil
2 small onions finely chopped
3 red peppers, cored, seeded, and finely chopped
3 Hungarian white peppers, cored, seeded, and finely chopped
2 small tomatoes finely chopped
2 TB sweet Hungarian Paprika
1TB hot Hungarian Paprika
1TB ground caraway seeds
Salt and pepper (to taste)
10 oz red dry wine (Egri Bikavér)

Heat oil in skillet, add onion and sauté over moderate heat for 10 min until it turns to a gold color. Add meat, salt pepper and Hungarian sweet and hot paprika, and braise for 20 min. Add tomatoes, red and white peppers. Cover and braise over moderate heat until the meat is tender. Add wine and cooked for another 2 minutes. Served with Hungarian potatoes.

Makes six servings.

The Epicurean
Restaurant Recipe
by
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