



THE *Traveling Fork*

- BILL BLACKWELL



This month we consider a dish that is common to some of the eastern Europe countries, namely **Hungarian Goulash**. How, you may ask, could you come up with a dish like that? Without keeping you in suspense any longer, here is the answer. In my childhood, my Mom occasionally cooked something she chose to call “Hungarian Goulash”, which varied immensely from one rendition to the next in terms of content and flavorings. One day in a moment of candor, she admitted that her Hungarian Goulash was a blend of leftovers and seasonings based on her thoughts of the moment.

Two years ago, Marcia and I were visiting friends in Nashville a week before they were to embark on a vacation trip that would take them to Austria, Hungary, and Turkey. I casually mentioned that if they had an opportunity to taste the REAL Hungarian Goulash I would appreciate their description of the dish.

Upon their return home, they sent me an authentic Hungarian Chef’s apron and a recipe for what they described as a wonderful Hungarian Goulash dish. Whereupon, I prepared a meal for our home table, taking care to faithfully follow the recipe they provided. I was delighted with the outcome, finding it very tasty with the highly varied contents and seasonings. So, I herewith tender this recipe for your palate; and I caution that it will feed at least four adults with enough quantity to provide “seconds”. Enjoy!

Recipe

400 grams (1lb.) beef shank or chuck roast ground coarsely ground
1-2 onions chopped
2 tbsp olive oil
1 tbsp paprika
1 clove garlic chopped
1 tsp caraway seed
1 tsp black pepper
1 tsp salt (to taste)

3 bay leaves
2 carrots diced
1 Hungarian pepper chopped
2 tomatoes chopped
2-3 stalks of celery chopped
2 tbsp chopped parsley
1 parsnip diced
2 potatoes cubed.

Brown the chopped onions in the hot olive oil; add the chopped meat and stir until well browned; powder it with the paprika and stir well; add a little water and stir; Add the salt, garlic, caraway seed, black pepper, bay leaves and tomatoes. Add a little water and let it simmer for about 30 minutes.

Add enough water to cover the meat. Add chopped carrots, parsnip and green pepper, celery, and parsley and bring it to boil. Turn to low heat and add the potatoes and more water, salt to taste and simmer until the potatoes and the meat are well cooked.



Fisherman's Bastion - Budapest

