



THE Traveling Fork

- BILL BLACKWELL

Since writing about my Hungarian Goulash in last month's Traveling Fork, I was advised by one of our Magnolia Point residents, Ursula Hundt, that in Germany there is a strong following for Hungarian Goulash that is at variance with my recipe. I suggested to Ursula that if she would provide her German Recipe (Gulaschsuppe), I would be glad to credit her in this installment. Ursula also said that in Germany there would be NO ground beef used in the making of Hungarian Goulash—the recipe I published last month discussed the meat choice this way: “---beef shank or chuck roast ground coarsely.”



I must caution all that I am not encouraging the submission of any additional nations' recipes for Hungarian Goulash: most popular recipes for any dish will exhibit wide variations. I will hesitate to publish any additional recipes for Hungarian Goulash from Zimbabwe, Iran, or Finland, etc. I appreciate 'Ms. Google's' help in translating Ursula's recipe from the German, but it took a lot of time to type in the foreign language which, is almost a "hunt and peck" operation because of my lack of familiarity with the words. If you try both the Hungarian Goulashes, please share your preference with me!

Recipe

- 1 kilogram of beef
- 500 grams onions
- 1 clove of garlic
- 100 grams lard
- 4 tablespoons sour cream.
- 3 tablespoons tomato paste
- 1 tablespoon rose pepper (paprika)
- A little caraway seed, salt & lemon peel

Sauteed peppers and fresh dill make a colorful, tasty garnish for the hearty Hungarian ragout. Lard is traditionally used for browning the meat, but you may use butter or even bacon drippings if you prefer. Bring the sour cream to room temperature so that it won't curdle when it is added to the stew. Cut the onions into slices, fry them in lard with the crushed garlic clove, add the tomato paste and the meat cut into cubes and stir thoroughly. Scatter the paprika over the meat and deglaze with a little water. Simmer in a closed pot until the meat is cooked through. Supplement freely if necessary. Add the caraway seeds and lemon peel and season with salt. Add cream and adjust seasonings with paprika and salt. Serve with boiled potatoes, bread dumplings or pasta.

NOTE: The original recipe is based on beef and onion. Adding cream is permitted, adding flour is strictly forbidden. Originally, paprika was not one of the spices - there were already Gulyás (goulashes) in Hungary when the pepper, which comes from South America, had not yet established itself in Europe. Today it is difficult to imagine Gulyás without peppers (paprika). Metric measures to English measures: 1 kilogram (1,000 grams) equals 2.2 pounds; 500 grams = 1.1 lb; 100 grams = 3.5 oz.

