



## An Hungarian Inspired Goulash

-- Recipe by Barry McWilliams --

“Gulyás” means “stew” in Hungarian. Stews are meats cooked in a “little liquid. Large numbers of Hungarians emigrated to the United States in the late 19<sup>th</sup> and in the 20<sup>th</sup> centuries, and brought with them a cuisine characterized by braised meats, peppers, cabbage; caraway, and of course, paprika! Many Goulash recipes use beef – however, in Hungary, they eat a lot more pork than beef, which tends to be both pricy and hard to get. A bowl of cold red grapes goes well along side this one dish meal.

### Ingredients:

Six strips of Bacon,  
 1 1/2 Lb Cubed Pork Loin or Sirloin cubed  
 One Large Sweet Onion chopped

14 oz can of Sauerkraut drained (or fresh)  
 1/2 cup White wine  
 2 cups Apple Cider  
 1 T Paprika  
 1 t Caraway seeds  
 1 t Rosemary  
 1 t Sage  
 1/2 t Marjoram  
 2 t Salt (to taste) 1/4 t Pepper (to taste)  
 1 Green Pepper and 1/2 Red Pepper diced  
     (reserve some slivers for garnish)  
 1 lb. Red Potatoes cubed (Skins can be left on)  
 1/4 c chopped Parsley (Some sprigs for garnish)

1 Granny Smith Apple peeled, cored and diced

16 oz Light Sour Cream

### In Dutch Oven:

Fry Bacon, remove from pan cool and dice into bits, add and Sauté onion in fat till translucent, and remove. Add and lightly brown pork cubes. Add onions, sauerkraut, wine, cider and bacon and Seasonings. Cover and simmer 20 minutes Add potatoes and peppers, more liquid might be necessary, but not too much. Cover and simmer 10 minutes; Add apple cover and simmer 5 minutes (till potatoes are done)

Ladle into bowls, stir into each serving 2-3 T of Sour Cream, top with a dollop, a sprig of parsley, bacon bits and shivers of Red and Green Pepper

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 This may be prepared ahead chilled and kept overnight in fridge, reheat before serving – don't add Sour Cream till serving!

Option: Omit the Potatoes and serve over hot buttered noodles or Spaetzle.

Serves 6-8 people

### **My Hungarian Connection:**

My daughter Sarah went to Kaposvár, Hungary as a missionary with International Messengers in 2000. Then she met and fell in love with a Hungarian young man, Bruno Bologh who proposed marriage over a bowl of fruit soup. They were wed there twice in 2002, both civil and religious services - the latter wedding was in a castle at Toalmás. In the fall of 2004, they presented us with a grandson, Robert. As a result, I have traveled to Hungary three times, and my wife five times. Sarah, who worked for Safeway as a Courtesy Clerk while in High School now speaks excellent Hungarian. We often exchange recipe ideas by e-mail. This recipe is my own concoction.



See my web page: <http://www.eldrbarry.net/threeweddings.htm> for more on my daughter's three weddings.

I have a page on *Hungarian Wedding Customs* with links to Hungarian Recipes at the bottom; as well as pictures, stories; a recipe handout, and an account of our Hungarian weddings' adventures.

# Jó Etvágyat!

(Hungarians wish each other good eating at the beginning of a meal with this phrase.)

## Znojemský Guylás Beef Goulash with Gherkins

3 Tbsp. shortening  
2 c. chopped onions  
1 Tbsp. paprika  
2—3 lbs stew beef, cubed  
1 c. red wine  
1 c. beef stock (boullion cube)  
1/2 tsp. salt  
1/4 tsp black pepper  
1 tsp. caraway seeds  
2 Tbsp. flour  
1/2 c. gherkins (Sweet Pickles - julienne cut)  
Pkg. of mostaccioli or trombette pasta (or other)

Preheat over to 350. Cook onions 8 — 10 minutes in shortening — don't brown. Remove from heat and add paprika; stir. Add beef, wine, beef stock, salt, pepper, caraway seeds. Bring to boil.

Cover and bake 1 hour. Skim off 2 tbsp fat, combine with flour and stir into rest. Cook another 1/2 hour. Prepare pasta. Add gherkins 2 — 3 minutes before removing from oven. Arrange pasta on platter. Pour goulash over pasta and serve.

## Hideg Meggy leves COLD SOUR CHERRY SOUP

To serve 6

3 cups cold water  
1 cup sugar  
1 cinnamon stick  
4 cups pitted sour cherries or drained canned sour cherries  
1 tablespoon arrowroot  
1/4 cup heavy cream, chilled  
3/4 cup dry red wine, chilled

In a 2-quart saucepan, combine the water, sugar and cinnamon stick. Bring to a boil and add the cherries. Partially cover and simmer over low heat for 35 to 40—minutes if the cherries are fresh or 10 minutes if they are canned. Remove the cinnamon stick.

Mix the arrowroot and 2 tablespoons of cold water into a paste, then beat into the cherry soup. Stirring constantly, bring the soup almost to a boil. Reduce the heat and simmer about 2 minutes, or until clear and slightly thickened. Pour into a shallow glass or stainless-steel bowl, and refrigerate until chilled. Before serving—preferably in soup bowls that have been pre chilled—stir in the cream and wine.

## Paprikás Burgonya (Potato Paprika)

2 lb boiling potatoes  
2 Tbsp Lard  
2/3 cup finely chopped onions  
1/4 Tsp finely chopped garlic  
1 tbsp sweet Hungarian Paprika  
2 Cups chicken or beef stock (Fresh or canned) or 2 cups water  
1/8 tsp caraway seeds  
1 medium Tomato peeled, seeded and chopped (1/4 cup)  
1 large green pepper (seeds and ribs removed) finely chopped  
1 tsp salt  
a couple shakes of black pepper  
1 lb Hungarian (or other semi-soft smoked) sausage (optional)  
1/2 cup Sour Cream

Cook the potatoes in boiling water 8-10 minutes and peel and slice into 1/4 inch slices. Heat the lard in a 4-quart sauce pan, then sauté onion and garlic till lightly colored. Off heat stir in paprika, stirring till onions are coated. Return to heat, add stock (or water), boil, add caraway, potatoes, tomato and green pepper, salt and pepper — boil and stir then cover and simmer for 25-30 minutes. If adding the sausage, slice it 1/8 inch thick and add with the potatoes. Serve in casserole, top each serving with a tbsp or sour cream.

## Cold Peach Soup

4 ripe peaches  
2 cups dry white wine  
1 cup water  
3 tablespoons granulated sugar  
1/4 teaspoon cinnamon  
1/4 teaspoon curry  
3 whole cloves  
Orange slices

Plunge peaches in boiling water for 1 minute. Remove skins and pits. Purée in a blender or food processor and transfer purée to an enameled saucepan. Add wine, water, sugar, cinnamon, curry and cloves. Bring to a boil and simmer, stirring, for 10 minutes.

Remove cloves and let soup cool. Chill for at least 4 hours and serve in chilled bowls, garnished with thin slices of orange.