

Hungarian Goulash

Recipe by Liz the Chef

How I wish I had written down my Hungarian grandmother's recipe for goulash! This is as close as I can come to duplicating it. She was a superb cook and most likely cooked without a recipe.

I remember going to a wonderful store called something like "Paprika Weiss" on New York's Upper East Side. She bought her freshly ground sweet paprika there, and boy, did it smell terrific inside the shop!

When I moved to San Diego, years later, she mailed those round cardboard cartons of paprika to me. These days both Grandma and her store are long gone, but her granddaughter remembers and cooks "with her heart".

Serves four

- one tablespoon olive oil
- one tablespoon unsalted butter
- one large yellow onion, chopped
- two garlic cloves, peeled and chopped
- two tablespoons sweet paprika
- two pounds beef round, cut into 1 1/2 inch cubes
- two tablespoons flour
- salt and pepper
- one teaspoons fresh thyme leaves
- one cups beef stock or broth
- one cups good red wine
- one 14.5 oz. can organic chopped tomatoes
- 1/2 cup sour cream

1. Preheat oven to 325 degrees.
 2. Sauté onions until soft, then add garlic and cook for one minute or so. Stir in paprika and cook for another minute or so.
 3. Coat the meat with seasoned flour and add to onions until meat is lightly browned. Add the thyme, stock, wine and tomatoes.
 4. Cook in the oven for about two hours, until meat is tender.
 5. Add the sour cream just before serving. Serve with egg noodles or spaetzle.
- NOTE: This dish is better reheated.