



Goulash

Metric

2 × 15 ml spoons oil
450 g braising steak,
trimmed and cubed
2 × 5 ml spoons paprika
2 × 5 ml spoons flour
300 ml stock
25 g butter
225 g onions, peeled and
diced
225 g carrots, scrubbed
and diced
1 bay leaf
Good pinch of thyme
396 g can tomatoes
1 × 15 ml spoon tomato
purée
1 × 5 ml spoon lemon
juice
Salt and freshly ground
black pepper
1 potato, peeled and diced
8 small onions, peeled
1 × 15 ml spoon soured
cream

To garnish:
1 × 15 ml spoon finely
chopped parsley

Imperial

2 tablespoons oil
1 lb braising steak,
trimmed and cubed
2 teaspoons paprika
2 teaspoons flour (corn)
½ pint stock
1 oz butter
8 oz onions, peeled and
diced
8 oz carrots, scrubbed
and diced
1 bay leaf
Good pinch of thyme
14 oz can tomatoes
1 tablespoon tomato
purée
1 teaspoon lemon
juice
Salt and freshly ground
black pepper
1 potato, peeled and diced
8 small onions, peeled
1 tablespoon soured cream

To garnish:
1 tablespoon finely
chopped parsley

Cooking Time: 1 $\frac{3}{4}$ –2 hours
Oven: 160°C, 325°F, Gas Mark 3

Heat the oil in a frying pan over a fairly high heat and fry the meat until brown on all sides. Reduce the heat, sprinkle with paprika and flour, turn the meat over to absorb the flour. After about 2–3 minutes pour the stock into the frying pan and stir gently. Pour into a casserole with the meat and meat particles. Rinse the pan, melt the butter and sweat the onions and carrots gently over a low heat. Add herbs, tomatoes, purée, lemon juice and seasoning. The potato can be made into balls or diced at this stage and added to the tomato mixture. Pour tomato mixture over the meat, cover casserole and cook in the oven for 1 hour. Remove casserole, add small onions and return for a further 45 minutes. Before serving remove bay leaf, taste and adjust the seasoning, stir in soured cream and sprinkle with parsley.