

HUNGARIAN BEEF & CABBAGE STEW

F MEDIUM

Last Modified: 03/01/2016

PREP: 30 Min
COOK: 9+ Hrs
STOVETOP

HUNGARIAN

MAKES 8 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
3	Pounds	Beef Stew Meat (Trimmed)	1" Cubes
OR			
3	Pounds	Pork Loin (Trimmed)	1" Cubes
1/2	Pound	Smoked Bacon (Thin Cut)	1/4" Lardons
1	Medium	Head Savoy (Or Green) Cabbage	Chopped
1 1/2	Cups	Yellow Onion	Chopped
4	Medium	Carrots (Scrubbed)	Coarse Chop
4	Cloves	Garlic	Minced
1	Medium	Red Sweet Pepper (Seeded)	Diced
3	Tbsp	Sweet Hungarian Paprika	
1 1/2	Tsp	Caraway Seeds	Crushed
1/4	Cup	Red Wine Vinegar (Colavita)	
1 1/2	Tbsp	Worcestershire Sauce (Lea & Perrins)	
3 1/2	Tbsp	Tomato Paste (Contadina)	
2	Quarts	Beef Stock (Swanson)	
1	Tsp	Beef Base (Superior Touch)	
1	Tsp	Kosher Salt	
1/2	Cup	Sour Cream (Breakstone)	
1	12 Oz	Pkg Wide Egg Noodles (Mueller's)	
1/3	Cup	Italian Flat Leaf Parsley Leaves	Chopped

PREPARATION

FACTOID	The real thing, the Caraway Seeds, Beef Bouillon and Paprika all combine to make this dish authentic. Sometimes made using Sauerkraut instead of fresh Cabbage. I prefer the flavors in the Cabbage Version. This dish reheats well, so make a bunch.
NOTE	During my second visit to Russia (Moscow) in the early 1990's, I had this tasty dish at Ludmilla's home. Even though she was born and raised in Russia, she was heavily into her Hungarian heritage. Unfortunately, her wonderful Mother had passed away since my previous visit, she is missed.
TOOLS	1) Large Dutch Oven & Lid 2) Large Saucepan and Lid

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PREP	DISH 1) Cut the chosen Meat into 1" cubes and set them aside. 2) Dice the Yellow Onions and set them aside. 3) Seed and dice the Red Pepper and add it in top of the Onions. 4) Finely slice the Carrots into 1/8" thick coins and add them on top of the Onions. 5) Mince the Garlic Cloves and add them on top of the Onions. 6) Quarter the Cabbage head, remove & discard the cores. 7) Thinly slice the Cabbage quarters and set them aside. 8) Cut the COLD Bacon into 1/4" Lardons and set them aside. 9) Chop the Parsley Leaves and set them aside.
1	LARDONS: Heat the Olive Oil in a large Dutch oven over medium heat until it shimmers. Add in the Bacon Lardons and fry until the Fat renders out and the Lardons are soft-cooked, about 5 minutes. Drain on paper towels. Remove all but 2 tablespoons of the Bacon Fat.
2	VEGETABLES: Stir in the Beef, Onions, Red Pepper, Carrots and Garlic. Cook while stirring until the Onions are transparent and the Garlic is aromatic, about 5 minutes more.
3	STEW: Stir in the Beef Stock, Beef Base, Cabbage, Paprika, Caraway Seeds, Vinegar, Worcestershire Sauce, Tomato Paste and Salt. Bring to a simmer and cook for 8 to 10 hours, stirring occasionally - The chosen Meat should be fall-apart tender.
4	NOODLES: Meanwhile, near the end of cooking the Stew, cook the Egg Noodles according to package directions. Stir in a little Butter and keep hot until needed.
SERVE	Place Egg Noodles on each dinner plate and generously ladle the Stew on top. Add a dollop of Sour Cream in the center and sprinkle with Parsley. Serve while hot with tons of crusty bread on the side..

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