

HUNGARIAN GULYAS (GOULASH) & NOODLES

F MEDIUM

Last Modified: 03/01/2016

PREP: 30 Min
COOK: 5 Hrs 30 Min
STOVETOP

HUNGARIAN

MAKES 8 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
2	Pounds	Beef Stew Meat (Trimmed)	1" Cubes
OR			
2	Pounds	Pork Loin (Trimmed)	1" Cubes
1/2	Cup	Olive Oil	
3	Medium	Yellow Onions	Diced
4	Tbsp	Sweet Hungarian Paprika	
2	Medium	Cubanelle Peppers (Seeded)	Diced
OR SUBSTITUTE IF NECESSARY			
2	Medium	Yellow Banana Peppers (Seeded)	Diced
2	Cloves	Garlic	Minced
1	14 1/2 Oz	Can Stewed Tomatoes (Hunts)	
5	Whole	Carrots (Peeled)	Fine Slice
5	Whole	Parsley Roots	Fine Chop
OR SUBSTITUTE IF NECESSARY			
5	Small	Parsnips (Peeled)	Fine Chop
4	Stalks	Celery	Fine Chop
3	Tbsp	Caraway Seeds	
IF USING BEEF			
3	Quarts	Beef Stock (Swanson)	
OR SUBSTITUTE TO MAKE A THICK MAIN COURSE			
1	Quart	Beef Stock (Swanson)	
IF USING PORK			
3	Quarts	Chicken Stock (Swanson)	
OR SUBSTITUTE TO MAKE A THICK MAIN COURSE			
1	Quart	Chicken Stock (Swanson)	
2	Pounds	Starchy Potatoes (Idaho / Russet)	3/4" Cubes
1	Tsp	Dried Marjoram	
1/2	Tsp	Fresh Ground Black Pepper	
1 +/-	Tbsp	Kosher Salt	To Taste
CSIPETKE ("PINCHIE" NOODLES)			
1	Cup	All Purpose Flour	
2	Jumbo	Eggs	Beaten
1 +/-	Pinches	Kosher Salt	To Taste
OR IN PLACE OF THE ABOVE			
1	Pound	Dried Wide Egg Noodles	Cooked

HUNGARIAN GULYAS (GOULASH) & NOODLES

PREPARATION	
FACTOID	The real thing, dark and delicious. In Hungary, Goulash is a soup and not a stew A long time cooking for flavor infusion. but really easy to make. While Cubanelle Peppers are relatively difficult to find, Yellow Banana Peppers are an entirely acceptable substitute. Parsley Roots are also difficult, but small Parsnips are an acceptable substitute.
NOTE	The first time I visited Russia (Moscow) in the late 1980's, I had this wonderful dish at Ludmilla's home. Even though she was born and raised in Russia, she was heavily into her Hungarian heritage. The main dish she served with this was Chicken Paprikas.
NOTE	Odd thing; the Bank of Moscow "banking" computer was in the basement of a very large Government building near Red Square. I assume this was the very reason that the US would ONLY allow Communist countries to purchase the previous generation (i.e. SLOWER) computers.

TOOLS	1) Large Dutch Oven & Lid 2) Medium Mixing Bowl
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 Peppers and set them aside. 4) Finely slice the Carrots into 1/8" thick rounds and set them aside. 5) Finely chop the Parsley Roots and add them on top of the Carrots 6) Finely chop the Celery and add them on top of the Carrots. 7) Mince the Garlic Cloves and set them aside. 8) Peel and cut the Potatoes into 1/2" cubes. Store them submerged in water until ready to use.
1	Heat the Olive Oil in a large Dutch oven over medium heat until it shimmers. Add in the Onions, reduce the heat to low, and cook, stirring occasionally, until deep golden brown, about 1 hour and 30 minutes.
2	Stir in the Garlic, Paprika, Peppers, Tomatoes, Beef and Salt. Reduce the heat to low, cover, and simmer uncovered , stirring occasionally, until most of the liquid at bottom of the pot has evaporated, about 3 hours.
3	Add in the Carrots, Parsley Root, Celery, Marjoram and Caraway Seeds, and simmer while covered, stirring occasionally, until the Vegetables have softened, about 30 minutes.
OPTION	I tend to serve this over cooked Wide Egg Noodles in place of making the pinchie noodles.
4	Make the "pinchie" noodles: Using your hands, mix the Eggs, Flour and a pinch of Salt in a medium mixing bowl until the dough begins to pull away from sides of the bowl. Form the dough into a ball and cover with a damp towel.
5	Add the Beef Stock and drained Potatoes to the pot, raise the heat to medium and bring it to a boil. Pinch flat pea-sized pieces of dough into the soup until all of the dough is used. Cook until the Noodles firm up and the Potatoes are tender, about 5 more minutes.
SERVE	Remove the Gulyas from the heat and serve it immediately with thick slices of Crusty Bread for sopping up the remaining Sauce.

HUNGARIAN GULYAS (GOULASH) & NOODLES

