

NUTRITION: Lazza's Kitchen

Goulash

**Another New Recipe from Lazza's Kitchen.
Today he makes his first ever Goulash from scratch**

One 1450 recipe for "grete pyes" contained what Charles Perry called "odds and ends", including: "...beef, beef suet, capons, hens, both mallard and teal ducks, rabbits, woodcocks and large birds such as herons and storks, plus beef marrow, hard-cooked egg yolks, dates, raisins and prunes



Oil for frying: I had two cubed Beef Steak boxes
Plain flour to dust meat: two diced Onions:
3 thinly sliced Garlic cloves.
3 diced Peppers
2 tablespoon of tomato puree
2 tablespoon of Paprika
3 large diced tomatoes
300ml of beef stock: 150ml of sour cream
Parsley

- In a large stock pot, after mixing the meat with flour, fry the meat until browned, and then put aside.
- In same pot, (add more oil if needed) add the onion, garlic, and peppers, and fry them until they are softened (5-7 minutes)
- Add the meat back into the pot, with tomato puree and paprika, and cook for further couple of minutes, stirring it so no sticking.
- Add the tomatoes and beef stock, and cook gently on the hob for 40 minutes.
- Add in some parsley, and the sour cream, and stir in, cooking another 5 mins.
- Serve as you wish.



This was my first ever goulash and it turned out really well. There is quite a lot of chopping up, but well worth the trouble.

It was like a beef casserole with paprika and sour cream, but the taste was sublime.

Do give this one a try. :-)

**During the pandemic and lockdowns, Lazza decided to try a new hobby - cooking.
Why not try out some new recipes and foods yourself?
This was a great and very tasty meal to prepare.**