



# A GREAT GOULASH

SERVES 4

## INGREDIENTS

15ml (1tbsp) oil  
450gm (1lb) stewing steak  
1 onion-sliced  
1 clove garlic-crushed  
1 red pepper  
1 green pepper  
15ml (1tbsp) tomato puree  
15ml (1tbsp) flour  
15ml (1tbsp) paprika  
300ml (½pt) beef stock  
1 bay leaf  
Seasoning  
Vegetables for serving

## METHOD

1. Preheat oven to 150°C, gas mark 2.
2. Heat oil in ovenproof dish and lightly fry the stewing steak.
3. Add onion, garlic and sliced peppers and fry for a further 2-3 minutes.
4. Stir in flour, tomato puree and paprika.
5. Slowly add the beef stock, bay leaf and seasoning.
6. Cook in oven for approximately 2 hours.
7. Serve with soured cream, rice and vegetables of choice.

Goulash is a dish of meat and vegetables seasoned with paprika. It is the traditional dish of Hungary but now a common meal eaten predominantly in central Europe.

**FOR VEGETARIANS:** replace the meat with cubed potatoes and tomatoes and use a vegetarian stock cube instead of beef stock.

