

Hungarian Goulash (Serves four.)

Ingredients:

1lb stewing steak, cubed small,
60g seasoned flour,
3tbsp veg oil (or Coconut oil is better for flavour!),
1 large onion, finely chopped,
1 green pepper, deseeded and chopped,
2 carrots, peeled and chopped,
1 stick celery, chopped,
1tsp smoked paprika (or plain paprika will do.),
3tbsp tomato puree,
pinch grated nutmeg,
3 tsp mixed herbs,
salt and pepper,
200ml beef stock,
200g (tinned) chopped tomatoes,
200ml red wine (or 100ml wine and extra 100ml of beef stock.)
3tbsp worcestershire sauce,
(1 tsp Bouillon powder - optional.)

Method

Coat the meat in the seasoned flour. Heat the oil in a frying pan and fry the onion, pepper, carrot and celery. Add the meat and fry until browned.

Add the paprika, tomato puree, nutmeg, mixed herbs, salt and pepper and cook for a further 2 mins. Add the stock, chopped toms, red wine and worcestershire sauce. Bring to a simmer and transfer to the slow cooker. Cook for approx 5 - 6 hours.

(1/2 hour before serving sprinkle in the Bouillon powder and stir in - optional.)

Left-overs can be frozen for later!

For more of my own home-made favourite recipes go to:
www.davidsemporium.co.uk/recipesindex.html