

HUNGARIAN GOULASH (SOLVEIGH) (6-8 PERSONS)

- A) 3 ONIONS CHOPPED
1 GREEN (OR RED/YELLOW) PEPPER CHOPPED
1 TSP.GARLIC
- B) 1.5 KG DICED BEEF (rump works best)
10 TBSP SEASONED FLOUR
- C) 375ML BEEF STOCK
1 or 2 X 410GM TINS CHOPPED TOMATOES
2 TBSP TOMATO PASTE (OR TOMATO SAUCE)
2 TSP MIXED HERBS
- D) 1 X CAN BEER (or $\frac{1}{2}$ can)
2 TBSP PAPRIKA
1 x PUNNET MUSHROOMS
- E) 125ML CREAM

1. SAUTE ALL THE ITEMS IN (A) ABOVE TILL TRANSLUCENT
REMOVE FROM PAN AND SET ASIDE.
2. TOSS MEAT IN SEASONED FLOUR AND COOK UNTIL WELL BROWNED.
3. STIR IN THE INGREDIENTS IN (A) & (C) ABOVE AND BRING TO THE BOIL.
SIMMER FOR +/- 1 TO 1.5 HRS. (shorter if using fillet)
4. ADD ITEMS IN (D) ABOVE AND COOK UNTIL MEAT IS TENDER.
5. STIR IN CREAM AND SERVE WITH NOODLES AND A GREEN SALAD.