

Ungarisches Gulasch à la Ann, Bogrács Gulyäs

948

Typ: Fleisch

Quelle: Supercoook, part 8 (sehr altes Heft)

Bemerkungen: A variation of the traditional Hungarian goulash, the sauce of Bogrács Gulyäs (boh-grahch goo-yahsh) is flavoured with wine. This dish is best served with noodles.

Zutaten 4 SERVINGS
2-2½ lb. chuck steak
4 tablespoons vegetable oil
3 large onions, chopped
1½ tablespoons paprika
1 tablespoon flour
2 tablespoons tomato puree
2 garlic cloves, crushed.
2 cups red wine
bouquet garni, consisting of 4 parsley sprigs, 1 thyme spray and 1 small bay leaf tied together
1 teaspoon salt
1 teaspoon black pepper
1 red pepper
½ teaspoon marjoram
3 large tomatoes
5/8 cups sour cream

Rezept: Trim any excess fat from the meat and cut it into 1-inch cubes. Dry the cubes on kitchen paper towels.

Heat the oil in a large, flameproof casserole over moderate heat. Add the meat cubes, a few at a time, and brown them all over. With a slotted spoon, remove the meat cubes from the casserole when they are brown and set them aside.

When all the meat has been browned and removed from the casserole, lower the heat, add the onions to the casserole and fry for 5 minutes, stirring occasionally. Add the paprika to the pan and stir it in until the onions are well coated. Stir in the flour and add the puree, garlic and wine. Continue stirring until the liquid comes to the boil.

Return the meat to the casserole with the bouquet garni, salt, pepper, and marjoram. Cover and simmer over low heat for 1½ hours, or until the meat is tender.

While the meat is cooking, cut the pepper into thin strips, removing the seeds and pith. Put the tomatoes in a bowl, cover with boiling water and leave to stand for 1 minute. Pour off the water, peel and chop the tomatoes coarsely.

When the meat is cooked, add the pepper and tomatoes to the casserole. Simmer for 5 minutes. Remove the bouquet garni and discard it. Stir in the sour cream, cook for a further 5 minutes, and serve.