

Traditional Hungarian Goulash (Gulyas)

Prep Time 15 mins **Cook Time** 1 hr **Total Time** 1 hr 10 mins

A thoroughly authentic and delicious Hungarian Goulash that will warm both body and soul!

Course: Main Course

Cuisine: Hungarian

Servings: 4 servings

Calories: 181 kcal

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Ingredients

- 3 tablespoons [pork lard or butter](#) pork fat is traditionally used
- 1 1/2 pounds yellow onions chopped
- 1/4 cup [good quality sweet imported Hungarian paprika](#)
- 1 1/2 pounds beef ,see note, cut into 1/2 inch pieces
- 5 cloves garlic ,minced
- 2 red bell peppers ,seeded/membranes removed, cut into 1/2 inch chunks
- 1 yellow bell pepper ,seeded/membranes removed, cut into 1/2 inch chunks
- 2 tomatoes ,diced
- 2 carrots ,diced
- 2 medium potatoes ,cut into 1/2 inch chunks
- 5 cups beef broth
- 1 [bay leaf](#)
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper

[US Customary](#) - [Metric](#)

Instructions

1. Melt the lard or butter in a Dutch oven over medium high heat and cook the onions until beginning to brown, about 7-10 minutes. Remove from heat and stir in the paprika. Add the beef and garlic, return to the heat, and cook for about 10 minutes, or until the beef is no longer pink.
2. Add the bell peppers and cook for another 7-8 minutes. Add the carrots, tomatoes, potatoes, beef broth, bay leaf, salt and pepper. Bring to a boil, cover, reduce the heat to medium, and simmer for 40 minutes (see note). Add salt to taste.

3. Serve with a dollop of sour cream, some crusty bread, and a cool cucumber salad.

Recipe Notes

If you're using a tougher cut of beef, cook the beef first, without the carrots, tomatoes, potatoes and bell peppers, for 30-45 minutes, then add the vegetables and cook for another 40 minutes until the beef is tender.

CRISPY FRIED DILL PICKLES

PREP TIME: 15 MINS COOK TIME: 4 MINS TOTAL TIME: 19 MINS

INGREDIENTS

Sandwich sliced dill pickles about 12 slices

1-2 cups Panko Breadcrumbs

Oil for frying

BATTER

1 cup all-purpose flour

1 cup buttermilk

1 teaspoon baking powder

1 egg

1 teaspoon sweet paprika

1/2 teaspoon black pepper

INSTRUCTIONS

Preheat oil to 360-370 degrees F.

Combine all batter ingredients and stir until smooth, let sit at least 5 minutes.

Dab pickle slices on paper towels to dry them. Place about 1/2 cup of Panko bread crumbs in a bowl (add more as needed). (If they get wet, they don't stick so it's best to work in small batches.)

Dip each pickle slice in the wet batter and then gently toss in the bread crumbs, let sit for a minute or so, this will allow the crumbs to stick better.

Fry in small batches for 3-4 minutes or until brown and crispy.

Serve with special Sauce:

3 Tablespoons of sour cream

2 Tablespoons of mayonnaise

2 teaspoons White Vinegar

1/8 teaspoon garlic powder

Cheesy Fried Curds

Cover 1lb. of Garlic Flavored Cheese Curds in batter, and then dip in sauce.

BATTER

1 cup all-purpose flour

½ cup of beer

1 teaspoon baking powder

1 egg

1/2 teaspoon black pepper

Serve with special Sauce:

3 Tablespoons of sour cream

2 Tablespoons of mayonnaise

2 teaspoons White Vinegar

2 teaspoons of Sriracha sauce

1/8 teaspoon garlic powder

