

Austrian Goulash

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|-----|-------|---|-----|-------|------------------------------------|
| 2 | lbs | beef shank | 1/2 | Tbs | vinegar |
| 1 | large | yellow onions | 3/4 | tsp | fine salt |
| 1/2 | Tbs | dried marjoram | 2 | large | bay leaves (optional) |
| 1/2 | Tbs | caraway seeds | | Tbs | butter or cooking oil |
| 1 | Tbs | tomato paste | | | In addition: Large pot with lid |
| 4 | Tbs | sweet Hungarian paprika | | | Perfect side dishes: Kaiser rolls, |
| 1 | large | Jalapeno pepper seeded and finely chopped | | | |

1 instructions

- 2 Cut beef into 2-inch (5-6 cm) cubes. Only trim off thick outside fat, in case there is any. The interior fat will be rendered out during cooking which makes the beef tender and the sauce smooth and thick.
- 3 Peel onions and cut them in half, lengthwise. Cut into thin and even half-moon slices to ensure they all cook evenly later.
- 4 Heat 1 tablespoon clarified butter or oil in large pot over medium-high heat. Add beef and sear, turning occasionally, until beef is browned, about 5-10 minutes. The pot shouldn't be crowded or the meat won't brown nicely. Rather add beef in two batches. Add more oil if needed. Transfer beef to a large plate and set aside.
- 5 Add a tablespoon clarified butter or oil and the sliced onions to the pot. Cook for 8-10 minutes over high heat, stirring steadily. Reduce heat to medium-low and cook until the onions are golden brown and soft, stirring often, about 15 minutes.
- 6 Note: This step is optional. You can add marjoram and caraway seeds as is (almost all recipes do so). I, on the other hand, always mince marjoram and caraway seeds to transform them into powder (or at least chop finely). Mince the marjoram with a sharp knife until powdery. This works very well and you'll be finished within 30 seconds. Now the trickier part: Usually, caraway seeds tend to be too firm to crush with a mortar and pestle. Either, grind caraway seeds with an electric grinder (coffee grinder), or chop them with a knife. I usually sprinkle the seeds onto a dollop of softened (clarified) butter and mince them with a sharp knife. The butter prevents the caraway seeds to jump off the cutting board. Add the seeds including the (clarified) butter during the next step.
- 7 Add tomato paste, marjoram, caraway seeds, and paprika to the onions. Stir for about 20 seconds. Do not roast longer since paprika will get bitter if roasted for too long. To be on the safe side, you can add all the spices except paprika. Roast them for 1/2 to 1 minute. Now add paprika and stir for a few seconds.
- 8 Immediately add vinegar, followed by a cup (240 ml) of water. Stir well and let the onion-mix reduce until almost all liquids have evaporated, about 15 minutes.
- 9 Add another cup of cold water (for easier blending) and blend using an (immersion) blender, then return to pot. The sauce will be orange but will darken the longer it cooks.
- 10 Add salt, bay leaves, and beef with any accumulated juices to the pot. Stir to combine, cover with a lid and return to a simmer over low heat. Only if the beef cooks low and slow it will get tender. This will take about 3 hours. The sauce will get darker in color and it will thicken slightly. Season to taste with salt (you will probably have to add a pinch or two).
- 11 In theory, the goulash is ready now. However, I highly suggest letting it cool overnight (put it in the fridge, lid on) and reheating the goulash the following day. This will enhance the flavor and texture. You can reheat it over the next couple of days, the goulash will only get better. Add a little water to thin, if needed. Store in the fridge in between.
- 12 Serve with a crunchy Kaiser roll and Austrian-style pasta lik Spaetzle.

Enjoy!

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 2 hours

Total Time: 2 hours and 20 minutes

Nutrition Facts

Serving size: Entire recipe (32.8 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients. 2 of the recipe's ingredients were not linked.

These ingredients are not included in the recipe nutrition data.

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| Amount Per Serving | |
|-----------------------------------|-------------|
| Calories | 1828.69 |
| Calories From Fat (60%) | 1089.13 |
| % Daily Value | |
| Total Fat 121.63g | 187% |
| Saturated Fat 36.75g | 184% |
| Cholesterol 340.93mg | 114% |
| Sodium 2183.03mg | 91% |
| Potassium 3050.34mg | 87% |
| Total Carbohydrates 56.77g | 19% |
| Fiber 19.71g | 79% |
| Sugar 5.38g | |
| Protein 128.89g | 258% |