

Beef Gulyas

1½ kg gravy beef or beef shin, diced into cubes roughly
2 large onions, chopped
4 to 5 heaped Tbsp. Hungarian sweet paprika
500 ml water or beef stock
375 ml lager beer
2 cans diced tomatoes
2 tsp sugar
½ cup tomato paste
1 Tbsp. oil
Salt and pepper to taste
½ tsp caraway seed
8 medium potatoes, roughly diced

In a heated large heavy pot add oil and brown onions and meat. Leave some fat on the meat to render to the oil. Remove the browned beef and add the paprika to the sautéed onion off the heat and stir. Return the beef to the pot and add the water/beef stock, beer, canned tomatoes, tomato paste, caraway seed, sugar and seasoning. Stir in well, cover and simmer for 2 hrs or until meat is tender, stirring occasionally.

Add potatoes and stir through well, adding more water to cover all the ingredients. Now cover and simmer a further 20 to 30 minutes or until the potatoes are soft. Taste for seasoning and add more salt and paprika if desired.

Serve with noodles or dumplings (nokedli), or thick slices of fresh crusty bread to dip in the sauce.