

Gulyásleves (Gulyás Soup)

Ingredients:

50 gm lard
2 medium-sized onions
1 tbs paprika
1 kg stewing beef
1 large diced potato
200 gm can chopped tomatoes
1 tbs tomato purée
3 lt beef and vegetable stock
1/2 tsp caraway seeds
1/2 kg potatoes
1 green pepper

For nokedli:

¾ cup flour
1 egg
Pinch of salt

Method:

Fry finely chopped onions in lard to a golden colour, add paprika. Cut the beef into 2cm cubes, caraway seeds and the diced potato. Cover and simmer for about 10 minutes, stirring occasionally. Add tomato purée, canned tomatoes and half cupful of stock: simmer till meat is nearly done. Then add the remainder of stock, bring to the boil, add potatoes cut in small cubes. If available, add some sliced green pepper to the gulyás; in my opinion it gives the finishing touch to an excellent dish.

Nokedli:

Genuine Hungarian Gulyás Soup is garnished with nokedli. Make them as follows:

Sift flour into a bowl, add egg and salt. Knead ingredients into a stiff dough. Flatten between your palms and pinch into small, bean-sized pieces, add to the gulyás and boil slowly for 10 minutes before serving.