MAIN COURSE · BRAISE

Viennese Goulash

TOTAL TIME	OVEN	CALORIES	SERVINGS
3–4 hrs	180 °C	approx. 140 kcal / 100 g	4



INGREDIENTS

- ☐ 800 g large onions
- ☐ 50 g clarified butter
- ☐ 1 kg marbled beef (shoulder)
- ☐ 3 garlic cloves
- ☐ 1 tsp caraway seeds
- ☐ 2 tbsp each sweet paprika, tomato purée, red wine vinegar
- ☐ 400 ml beef stock
- ☐ 2 bay leaves
- ☐ salt and pepper

METHOD

1. Peel and dice the onions. Heat the clarified butter in a casserole and cook the onions over a low to medium heat for 30 minutes until golden brown, stirring regularly.
2. Meanwhile cut the beef into cubes of about 4 cm. Peel the garlic and chop finely together with the caraway.
3. Mix the paprika, tomato purée, vinegar and stock and pour over the onions. Add the meat, bay leaves, garlic and caraway.
4. Cover and braise over a low to medium heat on the hob, or in the oven at 180 °C, for 3–4 hours until the onions have broken down and the meat is tender.
5. Season with salt and pepper and remove the bay leaves.

NOTES

Best served with fresh farmhouse bread or ribbon noodles.