

## Goulash *(Meat main dishes)*



### Preparation

Cut the meat into 2cm cubes. Slice the onion and carrot, dice the celery and fry everything in lard. When the onion is golden, add the cubed meat, spiced with cumin and paprika, cover with beef stock and cook for 2 hours. Serve with a sprinkling of fresh chilli.

### Tips

If you want to taste proper Hungarian goulash you must not in any way exceed the cooking times: in fact, the real recipe does not result in what we would call a stew, but is more similar in appearance to a soup.

### Trivia

The meaning of the term in Hungarian 'gulyas-leves' (this is its proper name) is simply 'herdsman soup'; 'goulash' derives from the German transliteration of the original name of this recipe.

### Information

**Preparation** 150 minutes

**Total Time** 120 minutes

**Serves X** Serves 4 persons

**Level of difficulty** Easy

la terra di Puglia



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### Ingredients

**Carrots** 60 grams

**Tropea red onions** 100 grams

**Celery** 60 grams

**Meat stock** 750 grams

**Cumin**

**Paprika**

**Salt**

**Juniper berries**

**Chilli**

**Lard**

**Beef** 500 grams (Cut into pieces)