

HUNGARIAN GOULASH SOUP

Serves approx 6

Ingredients

300g diced beef cut into small cubes	Bay Leaves
130g finely cut onion	Salt and Pepper
80g oil	Sour Cream
100g diced Red and Green Peppers	Chives
100g diced Carrot	75g Tomato paste
100g cubed Potato	Lemon peel and juice
Sweet Hungarian Paprika	80g Plain flour
Garlic	1ltr Beef broth (preferably homemade)
Marjoram	200ml Red wine
Caraway seeds	

Method

1. Sauté the onions and garlic until golden brown
2. Stir through the cubed beef, Paprika, Tomato Paste and flour
3. Add red wine and reduce
4. Season with Marjoram, Caraway seeds, Bay leaves, Salt and Pepper, Lemon peel and juice
5. Add Beef Stock
6. Simmer the soup till the meat is tender
7. Add carrots, Potato cubes and peppers and cook till soft
8. If necessary thicken the soup with cornflour
9. Finish the winter soup with sour cream and chives
10. Serve the soup with warm Crusty Bread