

Wiener Saftgulasch (Viennese Goulash)

Goulash is originally the food of the Hungarian shepherds, but in the 19th century the dish found its way into the Viennese cuisine and is a popular dish ever since.

Preparation time: **30 min** + Cooking time: **2h 30 min** = **Total time: 3h**

1000g lamb shoulder
750g onions
150g lard
3 cloves of garlic
1 ts. marjoram
1 ts. caraway seeds
1 tb. tomato puree
2 tb. vinegar
5 tb. paprika (sweet)
500ml beef stock
salt



Simple Steps to Succeed

1. Peel the onions, chop into fine slices.
2. In a big pan, heat the lard, brown the onions for 20 to 25 minutes. Don't forget to stir frequently, the onions should fry without burning.
3. Peel the garlic. Add the marjoram, caraway seeds and some salt to the garlic, chop all together on a kitchen board into a spice mixture.
4. Deglaze the onions with vinegar, take from the plate.
5. Add the paprika, make sure to stir frequently to prevent the paprika from burning (otherwise it would get bitter, so be careful)
6. Add tomato puree. Cook for 2 minutes, then deglaze with little of the beef stock.
7. Add spice mixture and meat
8. Braise half covered at medium heat for about 2 hours; stir frequently. While cooking, the meat should be covered with the sauce all the time, but not much more. Whenever there is not enough sauce left, add some of the beef stock. With this procedure, at the end of the cooking time all of the beef stock should be used.
9. The goulash has finished cooking when the fat collects on the surface.

Serve goulash with polenta or bread.

Tips:

- The longer it cooks the better it gets. Therefore it's easier to cook it the day before serving. Store it in the fridge, then reheat it.