

Hungarian Goulash – Recipe by Viking Cruises

Goulash originated with Hungary's herdsman and quickly spread throughout Europe. It is a soup, but its rich combination of ingredients makes it a meal on its own. The long simmering time ensures the meat is tender and flavorful, and the *csipetke* dumplings are a delightful addition.

Explore Budapest's Great Market Hall and learn how to make goulash, Hungary's rich, hearty dish seasoned with paprika and packed with flavor.

Ingredients

Goulash

- 2 med onions, chopped
- 2 Tbsp (30 ml) vegetable oil
- Dash of salt
- 2 Tbsp (15 g) sweet paprika
- 1 Tbsp (7.5 g) hot paprika
- 1½–2 lb (680–907 g) boneless chuck, trimmed and cut into 1-inch (2.5-cm) cubes
- ½ tsp (1.5 g) whole peppercorns, lightly crushed
- 3 lg bay leaves
- 1 red bell pepper, seeded and sliced
- 1 lg tomato, peeled and chopped into large chunks
- 3 med carrots, peeled and sliced
- 2 med turnips, peeled and sliced
- 4 cloves garlic, peeled and finely chopped
- ½ tsp (1.5 g) ground caraway seeds
- 2 lg (907 g) boiling potatoes, peeled and sliced
- Salt and pepper to taste

Csipetke (Dumplings)

- 1 lg egg
- Dash of salt
- 3–4 Tbsp (8–10 g) flour, plus more for dusting

Directions

Goulash

In a large stockpot, lightly sauté onions in oil with salt; cover and cook over low until softened. Remove from heat; add paprika, stirring to combine. Add beef, peppercorns, bay leaves, bell pepper and tomato. Add water to cover. Cover pot and simmer until meat is tender, about 1½ hours. Meanwhile, make *csipetke*: Whisk egg in a small bowl; remove ⅔ of egg and reserve for other use. Add salt to remaining egg, whisking to combine. Gradually add flour, kneading with your hands until you have a firm, smooth ball of dough (exact amount of flour will vary). Dust a plate with additional flour. Pinch off pea-sized dumplings from dough and roll between your fingers; placing on floured plate. Set aside.

Once meat is tender, add carrots, turnips, garlic, and caraway to pot. Add water to cover. After 10 minutes, add potatoes. Continue simmering 20 more minutes, or until all ingredients are tender. Add salt and pepper to taste. Add *csipetke* and cook 5 more minutes; remove bay leaves before serving.

- **Prep time: 12 minutes.**
- **Cook time: 2 hours 5 minutes.**
- **Makes 6 servings.**