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Recipes

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TRADITIONAL GOULASH

CONTRIBUTOR | **CAROLE POIROT**

INGREDIENTS

600g	stewing steak or shin of beef
2	onions, thinly sliced
1	green pepper, sliced into long strips
3tbsp	sweet paprika
1tbsp	flour
1tsp	salt
1tsp	caraway seeds
3tbsp	oil
900ml	water (to cover all ingredients)

PREPARATION

1. Preheat your oven to 150C.
2. Combine the flour, caraway seeds, smoked paprika and salt in a large bowl.
3. Add the beef and mix until all chunks are covered.
4. Heat the oil in a heavy casserole then brown the meat chunks in batches (don't put too many in at once as the meat won't brown).
5. Take the meat out of the casserole once well browned.
6. Add the onions and pepper and cook until soft.
7. Now add the meat back into the pot.
8. Add the remaining flour/paprika mix and stir.
9. Cover with the water and put the lid on.
10. Put the casserole into the oven and cook for around 2.5 hours until the meat is falling apart.
11. Serve with new potatoes.



FRENCH STYLE GOULASH

CONTRIBUTOR | **CAROLE POIROT**

INGREDIENTS

300g	stewing steak or shin of beef
200g	smoked lardons
2	onions, thinly sliced
1	green pepper, sliced into long strips
2	sweet red peppers, sliced into strips
3	medium carrots, chopped into chunks
4tbsp	sweet paprika
1tsp	caraway seeds
1tbsp	flour
2	cloves of garlic, finely chopped
300ml	medium bodied red wine
600ml	beef stock

PREPARATION

1. Combine the flour, caraway seeds, smoked paprika and salt in a large bowl.
2. Add the beef and mix until all chunks are covered.
3. Heat the oil in a heavy casserole then brown the meat chunks in batches (don't put too many in at once as the meat won't brown).
4. Take the meat out of the casserole once well browned.
5. Add the lardons to the pot and fry until golden.
6. Add the onions, peppers, garlic and carrots and cook until the onions are soft and everything else is lightly browned.
7. Now add the meat back into the pot.
8. Add the remaining flour/paprika mix and stir.
9. Add the wine and bring to a boil.
10. Simmer for 10 minutes before adding the stock.
11. Cover with a lid.
12. Turn the heat down to low and cook for 2 hours stirring occasionally.
13. Serve with crusty bread.

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VEGAN GOULASH

CONTRIBUTOR | **CAROLE POIROT**

INGREDIENTS

600g sweet potatoes,
cut into thick chunks

250g tofu, cut into chunks

2tbsp vegetable oil

1 onion, sliced

1 green pepper, sliced

1 sweet red pepper, sliced

2 garlic cloves,
finely chopped

5tbsp paprika powder

1/2 tsp caraway seeds

1tbsp tomato purée

390g chopped tomatoes

300ml vegetable stock

PREPARATION

1. Combine the flour, caraway seeds, smoked paprika and salt in a large bowl.
2. Add the tofu and sweet potato chunks and mix until they're all covered.
3. Heat the oil in a large pot then add the chunks to lightly fry.
4. Once all the chunks are slightly browned, take them out of the pot.
5. Add the onions and peppers and cook until the onions are soft.
6. Add the garlic and stir (don't let the garlic burn or it will turn bitter!).
7. Add the tomato purée and stir.
8. Now add the tofu and sweet potatoes back into the pot and combine all.
9. Add the remaining flour/paprika mix and stir again.
10. Add the chopped tomatoes and vegetable stock.
11. Turn the heat down to low and cook for around 30-40 minutes uncovered.
12. Stir occasionally until the ingredients are soft but not falling apart.

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Rarinas