

Hungarian Goulash and Dumplings

Goulash (Hungarian: gulyás) is a soup or stew of meat, noodles and vegetables, seasoned with paprika and other spices. Goulash is a popular meal in Central Europe, Scandinavia and Southern Europe and is one of the national dishes of Hungary. Recipes vary hugely, and are influenced by what vegetables are in season. This recipe also includes dumplings, another traditional Northern and Central European food, made of flour, fat and water. The dumplings cook on top of the stew, forming a crust which is crunchy on top but soft underneath.

Serves 4

Goulash Ingredients

Large oven-proof dish NAMED

Tea towel, to wrap around your dish if it is made of ceramic or glass.

1 onion/leek

1 or 2 cloves garlic

1 medium carrot

1 medium potato

Quarter of a medium cauliflower or a red pepper

1 veg stock cube

400g tin chopped tomatoes

150ml (or approx.) pot of cream/soured cream/crème fraiche/plain yoghurt

2 tbspn plain flour

1 tbspn veg oil

1 tbspn paprika

OPTION – choose one of the following

- 150-250g stewing/braising meat
- Small can of chickpeas/butter beans

Dumpling ingredients – mix these in a pot or a bag at home.

2 tbspn veg suet

4 tbspn Self-raising flour (or plain flour with 1 tspn baking powder)

Pinch salt and pepper

OPTION - Some grated cheese to sprinkle on the top of the dumplings

Method

1. Check oven is clean and that the shelves are in the right place for your oven-proof dish!
2. Turn on to 200 Degrees, gas mark 6.

Prepare the veg.

1. Wash your veg
2. Peel and cut carrot into slices
3. Peel potato and cut in half. Then cut into 1cm thick slices; then cut slices into cubes.
4. Pull any leaves off the cauliflower and recycle. Cut the florets off the stalk.
5. Core and de-seed the pepper. Cut into chunks.
6. Peel and crush/chop the garlic.
7. Peel and cut onion into small chunks

Soften the veg

1. Measure 250ml water into a measuring jug. Save this for later!
2. Put a tablespoon of oil in the large sauce pan.
3. Cook onion/leek, garlic and carrot gently for 5 minutes until onions are soft and more transparent.
4. Add meat if you chose this option. Cook until browned.

Cook the goulash

1. Sprinkle 1 tbspn paprika and 2 tbspn flour in the pan and stir REALLY well, especially into the corners! The powder will coat the food and make it sticky.
2. Pour in the water. Stir REALLY well. This will make a sauce.
3. Add the tomatoes, potato, cauliflower/pepper, chickpeas. Stir!
4. Add the stock cube. Stir until dissolved.
5. Bring to the boil and then reduce the heat so the goulash simmers.
6. Put on a lid, with the wooden spoon still in the pan, so the steam can escape.
7. Cook for 20 minutes. NOW MAKE YOUR DUMPLINGS.
8. The veg should be soft but not mushy! Taste test!
9. Remove from heat and allow to cool for 5 minutes before stirring in your cream/yoghurt and a pinch of salt and pepper to season.

Make the dumpling dough

1. Make sure your hands are clean and dry.
2. Get a butter knife, a large mixing bowl, a cup of cold water and a tbspn.
3. Put all your dry dumpling ingredients in the mixing bowl. Add herbs, salt and pepper.
4. **Add water 1 spoon at a time**, and stir into the ingredients with the knife. When the ingredients start to stick together, try to form a ball of dough with your hands.
5. The ball will feel springy and should leave the bowl clean.

Assemble and bake

1. CAREFULLY pour your goulash into your oven proof dish
2. Form your dumplings into 4 equal balls and flatten them to 2cm thickness to make circular patties.
3. Lay these on top of the goulash inside the dish. Try not to overlap them if possible.
4. Sprinkle cheese on the dumplings.
5. Bake in the oven for 20-25 minutes, until the top of the dumplings are golden brown and starting to crisp.
6. Allow to cool and put in fridge.

At home. – homework

1. Reheat to piping hot.
2. Check the temperature at the centre of the dish, by prodding the sharp end of a metal skewer, or a knife, into the middle of the goulash and quickly removing it. If the sharp end of the skewer is too hot to touch, the goulash has reheated thoroughly and is ready to be served.

