

One of our lovingly created Kindred Recipes!

Hungarian Beef Goulash - Feeds 5 Little Ones

INGREDIENTS:	1/4 x Large onion	5g plain flour
	1 1/2 x medium red peppers	Tablespoon of vegetable oil
	50g mushrooms	1/2 teaspoons paprika
	Small pinch of parsley	100ml water
	250g beef/ braising steak	15g tomato puree

METHOD:

1. Chop the onion, pepper, mushrooms and parsley. Dice the beef
2. Spread the flour on a plate and use to coat the beef
3. Pre-heat the oven to 180oC/350oF/Gas mark 4
4. Heat the oil in a flameproof casserole dish, add the beef and cooked until browned all over. Remove with a slotted spoon and set aside
5. Add the onions to the casserole dish and cook for 3-4 minutes
6. Add the pepper and cook for a further 3-4 minutes, then add the mushrooms and cook for 3 minutes
7. Sprinkle over the paprika and cook for 2 minutes
8. Return the meat to the dish, pour in the water and stir in the tomato purée
9. Cover and place in the oven for about 2 hours
10. Check that the meat is tender. Stir in the yoghurt and chopped parsley before serving

AUTUMN/WINTER
MENU

