

## Gulyás Leves (Goulash Soup)



Gulyás (pronounced goo-yash) is the Hungarian word for a cattle herdsman. During the Middle Ages, cattle were moved through the Hungarian Great Plain (Hungarians were some of the original cowboys, after all). During the trip, one animal was killed to feed the men who prepared the soup in a kettle over an open flame and eaten with wooden spoons. Gulyás Leves has since become one of the foremost symbols of the Hungarian culinary tradition.

### INGREDIENTS:

1 cup of dry red wine, 1 onion, 2 tomatoes, 1 large sweet pepper, 1 1/2 pounds of beef shank, 2 carrots, a small bunch of parsley, a small celery root, Hungarian paprika, beef stock, olive oil, cumin, salt and pepper. (And flour and eggs if you want to be really bad and make dumplings & I know you want to be bad.)

### METHOD:

1. Roughly chop 1 onion, 2 tomatoes, and 1 large sweet pepper
2. Cut meat into small chunks, removing excess fat
3. Pour 1 tbs of good olive oil into pot and bring to medium heat
4. Add vegetables to pot and sauté on medium to medium high for three minutes
5. Add meat to pot and sauté for another three minutes
6. REMOVE PAN FROM HEAT
7. Add salt, pepper, dash of cumin, and 2 tbs of Hungarian paprika to pot
8. RETURN TO HEAT
9. Add ½ cup of dry red wine & ½ cup of water to pot and stir
10. Cover and cook on low heat for 1 hour stirring occasionally
11. While simmering, peel and dice carrots, celery root, and potatoes
12. After 1 hour, add diced vegetables and tied bunch of parsley (to remove at end of cooking)
13. Add 1 cup beef stock and enough water to cover and come above contents in pot
14. Stir, and re-cover
15. Simmer for an additional 30 minutes
16. If you're going to make dumplings (flour, eggs, water, salt), do it now
17. Taste soup. You may need to add more salt
18. Remove from heat and serve alone or with dumplings

ENJOY!