

Viennese Gulasch

It's ages since I cooked a Gulasch (or is that Goulash?) so I thought I should try this one from Rick Stein's *Long Weekend* trip to Vienna, despite my generally being rather unimpressed with his meat dishes. Maybe this will make me revise my opinion.

Planning

serves:	6
prep time:	30 mins
cooking time:	3 hrs

Ingredients

100g lard
1¼kg onions, sliced
2 cloves garlic, finely chopped
1 tbs tomato purée
2 tbs sweet paprika
1 tbs hot paprika (or to taste)
½ tsp caraway seeds, crushed
1 tsp brown sugar
2 tsp cider vinegar
1½ kg shin of beef, in 2½cm cubes
1 tbs flatleaf parsley, chopped
Salt & pepper

Method

Melt the lard in a large, flameproof casserole and fry the onions to a deep golden-brown. Add the garlic (maybe a little more, if you fancy it) and cook for a minute before adding the tomato puree, paprikas, caraway seeds and sugar. Season further with ~1½ tsp salt and quite a few turns of freshly milled black pepper. Add the vinegar and 1 ltr water.

Bring to the boil then add the beef cubes. Turn down to a gentle simmer and cook for 2½ hours, checking the pan frequently and stirring to avoid sticking. Add more water as necessary to keep the meat covered. Check the meat for tenderness and continue cooking if it requires longer.

When tender, remove the meat and cook the sauce down a little to thicken it. Adjust the seasoning to taste and return the meat to the sauce.

Serve sprinkled with parsley and either new potatoes or some noodles, such as spätzle for added authenticity.