

Goulash



Cooking time: 2 hrs

Serves: 6

how to cook

- 1 Preheat oven to Gas 4, 180°C, fan 160°C, 350°F.
- 2 Heat olive oil in a large pan and fry the meat in batches until sealed. Add the onion and garlic and sauté until soft.
- 3 Return all the meat to the pan, add the sweet smoked paprika, cayenne pepper, caraway seeds and pepper, mix well and cook for a further 4 minutes.
- 4 Add the tomatoes and top up with just enough water to cover the meat.
- 5 Bring to the boil then place in an oven proof dish and put in the oven to cook for 1 hour 15 minutes.
- 6 Soak the bulgur wheat for 30 minutes.
- 7 Cut the peeled sweet peppers into thin strips and add to the goulash, stir through. Return to the oven and cook for a further 30 minutes.
- 8 Place the bulgur wheat in a pan and cover with boiling water, simmer for 10 minutes, drain well.
- 9 Serve goulash, topped with soured cream and chopped chives, with the bulgur wheat.

what you need

- 1.25kg John Penny braising beef, diced and trimmed
- 1tbsp olive oil
- 1 onion, diced
- 2 cloves garlic, diced
- 4tsp sweet smoked paprika
- 1-2tsp cayenne pepper
- 1tsp caraway seeds
- freshly ground black pepper
- 400g can chopped tomatoes
- 325g jar, peeled sweet peppers
- 375g bulgur wheat
- 4tbsp sour cream
- 1 bunch chives, chopped

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