

View from the Fridge – Recipes from Brian Donkin

Recipe # 120 – Beef Goulash with Buttered Noodles

Preparation time: 15 mins – Cooking time: 1 hour

Ingredients:

750 gms of diced beef
1 green pepper diced
1 red pepper diced
2 stalks celery diced
1 onion diced
4 cloves of garlic smashed into puree
4 skinned, peeled tomatoes diced (core and score then place in boiling water for 15 seconds then plunge into cold water– will peel easily)
1 tblspn of tomato puree
2 tblspn paprika
1 tspn ground white pepper
1 potato peeled and diced
½ tspn sugar
½ wine glass olive oil
1 pt beef stock
1 tblspn flour
Pinch salt

Method

1. Place all vegetables apart from potatoes and tomatoes in pot with the oil
2. Cook on high heat for three minutes and then add the beef
3. Add the paprika, pepper, salt and stir for one minute
4. Stir in the flour and add the beef stock and tomato puree
5. Bring to the boil and leave boiling for ten minutes
6. Add the potatoes, tomatoes and sugar, bring back to the boil, then decant into casserole dish and place in hot oven (220) for a further 45 minutes
7. Meanwhile place noodles in hot salted water, bring to the boil and cook for seven minutes
8. Drain, mix in the butter and serve with Goulash

Serves 4 (see picture on next page)

