

Czech Gulas

- extra virgin olive oil
- 2 pounds beef and pork (I like using 1-1/2 pounds beef chuck, and 1/2 pound pork shoulder butt), fat removed and chopped large
- 2 large onions, diced
- 6 cloves garlic, crushed
- 6 tablespoons Hungarian paprika
- 3 teaspoons marjoram
- 1-1/2 teaspoons caraway seeds
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- bottle of beer (Pilsner style is more authentic, but I prefer to use ale)
- beef broth ^[1] or water
- 1 to 3 carrots, peeled, chopped large
- 2 to 5 potatoes, peeled, chopped large
- 0 to 2 parsnips, peeled, chopped large
- cornstarch
- optional: 1 to 2 bell peppers, chopped
- optional: fresh thyme and/or parsley

Heat oil in a large pan (I use a chicken fryer) over medium-high heat. Place the beef and pork in the pan, and stir until brown.

Add onions and garlic. Stir until softened. Turn heat to medium.

Add the paprika, marjoram, caraway seeds, salt and black pepper. Stir.

Pour a bottle of beer in. Then add beef broth and/or water to cover the ingredients.

Let cook about 2 hours. Avoid stirring for the first 45 minutes. After that, you can lower the temperature. If it starts to get dry, add more water. **Slow Cooker:** If using a slow cooker, cook covered on low for 10 to 12 hours.

Meanwhile, parboil root vegetables (carrots, potatoes and/or parsnips). After they have boiled for about 10 minutes, drain and put into the stew. **Slow Cooker:** If using a slow cooker, add in the root vegetables without parboiling them.

Add cornstarch to a small quantity of stew. Add mixture back to stew, to thicken. Near end of cooking time, add other optional ingredients. **Slow Cooker:** If using a slow cooker, add the other optional ingredients at the start of the cooking time, and use cornstarch to thicken near the end of the cooking time.

Serve with rice [2], bread, noodles [3] or spaetzle [4].

Serves: 8 to 9

Preparation time: 60 minutes (begin 3 hours in advance, or 12 hours in advance if using a slow cooker)

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