

Hungarian veal stew (in Hungarian: Borjú pörkölt)

Remark: sometimes called 'Gulash'

Ingredients:

Quantity: for 15 plates

Take a pot of 6 litre with cover.

- oil (50 ml) - it may be skipped if the bacon has enough fat
- smoked bacon (150g)
- onion (3 big pieces)
- garlic (6 pieces / slices)
- veal-leg or -loin (2500g)
- fresh paprika / yellow or green pepper (5 pieces)
- fresh tomatoes (5 pieces)
- salt (to season as needed)
- pepper powder (1 teaspoon)
- ground cumin (1 teaspoon)
- juniper-berry (8 pieces)
- bay-leaf (3-4 leaves)
- red pepper powder (1-2 tablespoon)
- gulash cream (If it's possible to buy it. It's a kind of thick vegetable cream made of red paprika, tomatoes, other vegetables, and spice. If you cannot buy this spice-cream, then put approx. 30% more onion and fresh paprika and tomatoes and a little more red pepper powder.) Note: In Hungarian it's called "Gulyáskrém".
- red wine (300 ml)



Preparation:

1. Prepare the ingredients.

Cut the onion into small pieces. Cut the garlic into small pieces and separate from onion. Pour boiling water onto tomato and keep in hot water for 2-3 minutes, then peel it. Cut the onion and paprika (fresh pepper) into small pieces.



2. Fry the bacon

Set the power of cooker to around 70%.

Fine-tune the temperature as necessary to avoid burning-down and frequently stir it.



Fry it until it is not yet brown, but its fat came out. (approx. 5 min)

You may fry the skin of bacon as well, because it has a nice smoked smell.



3. Fry the onion

Without garlic



Fry it until it gets a little brown. (approx. 15-20 min)
Pay attention not to burn down, stir it frequently.



4. Fry the meat and garlic

Set the cooker temperature to highest.

Fry the one-third of the meat portion first, in order to be able to better roast the meat.

Frequently stir it. (approx. 20 min)

(roasting is "pörkölt" in Hungarian, where the Hungarian name of this food comes from)



Then give more and more meat step by step and frequently stir it.



5. Add the spices

Set back the temperature of cooker to medium.

When the meat is well roasted, add the gulash cream and spices (except bay-leaf).

Mix it.



Add the paprika and tomato. Stir it approx. 5 min.



6. Add the red wine



Add the bay-leaves, and mix it.



6. Cooking

Cook it until the meat become soft. (approx. 2,5-3 hours)
Set the temperature of cooker to have a slow cooking.



Stir it sometimes (eg. every 20 min), and check if it is enough soupy (if there is enough liquid), to avoid burning down. You may add a little water if necessary, but not too much, because at the end you need to have a thick consistence.



7. Setting of consistence

After 2,5 hours check the consistence and softness.

If the meat is not enough soft cover the pot with its lid and cook it more. Check if it still has enough liquid to avoid burning-down.

Then check the consistence and softness every 15 min.

If the meat gets to be enough soft, put the lid off and cook more until the consistence become thick. Stir often to avoid burning-down.



8. Serving

You may it eat either with pasta or bread, but the best is the original Hungarian dumpling (see next page).



Bon appétit



Dumpling for the veal stew “galushka”

Ingredients:

- flour (600-700 g)
- egg (4 pieces)
- milk (300 ml)
- oil (1 teaspoon)
- salt (1 teaspoon)
- water (if needed, to set the thickness)

Preparation:

1. Prepare the dough

Put the flour, milk, egg, salt, oil into a bowl and mix it (better with electric mixer), add more milk or water and mix until middle-thickness.

2. Boil water

and put a little salt in the water.

3. Pasta cutting

Put the mix of dough into a plate with holes to sizes approx. 1cm drops.



4. Cooking (approx. 10 min)

5. Finishing

Drop down the water from the cooked dumpling and take out on a plate. Stir it with one teaspoon oil.

