



1940s Hungarian Goulash (2-recipes) + what I did

Hunts Hungarian Goulash

2 TBSP Fat

1 large Onion

1 ½ pounds stewing beef

1 cup water

2 cans tomato Sauce

Salt & pepper 4 potatoes peeled & quartered

1940s Hungarian Goulash

2 TBSP Bacon Fat

2 pounds veal/beef

4 onions

1 ½ cups brown stock or water

Salt, pepper, paprika

2 cups potatoes, cubed

1 cup sliced carrots

1 cup sliced turnips

12 small onions

Cut veal/beef in cubes and slice four onions. Cook in a little bacon fat until brown. Place in baking dish, pour over it the stock or water and seasonings. Put in moderate oven 350 degrees and when meat is partly cooked, add salt and vegetables; finish cooking; adding more stock or water if necessary. Should cook about 2 hours. When ready to serve, thicken broth with flour rubbed smooth with water.

What I did

Because I didn't have the ingredients for either recipe, I combined them.

1 large onion, sliced and fried in avocado oil

I placed the onions in a casserole dish and browned the stewing meat.

I combined 1 can of tomato paste with one can water (equals one can of tomato sauce) and 1 cup vegetable broth.

I mixed the pepper and paprika into the liquids. (Modern recipes call for 1 to 3 tablespoons of paprika; I used 2)

I covered the dish and put it into a 350-degree oven for 30 minutes. After 30 minutes I added the potatoes and carrots. I didn't have turnips. (Turnips are white; rutabagas are yellow)

I put the casserole back in the oven and cooked another 1 1/2 hours.

This worked well. After two hours, I took the casserole out of the oven and placed it on the back of the stove, so I could cook my corn bread. (Don't forget to add your bind agents if making your own gluten free flour.) I didn't need to thicken the gravy. I think next time I am going to buy some new paprika or use 3 tablespoons.