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by Liz Robb

Slow Cooked Hungarian Goulash Soup

Ingredients

2 large onions
2 fat cloves of garlic
1 large carrots
1 parsnip
1 stick of celery
2 medium potatoes, about 350g
3 large ripe beef tomatoes
450-500g stewing beef
1 teaspoon of caraway seeds
1 heaped teaspoon of hot Hungarian paprika
2 tablespoons of sweet paprika
Sunflower oil
2 tablespoons of tomato puree
1.3 litres of hot beef broth
1 green pepper
Salt and black pepper
A handful of fresh parsley
Servings
6
Person

Preparation

1. Peel, halve and slice the onions. Peel and finely chop the garlic. Peel, quarter length-ways and chop the carrot and parsnip, not too thickly. Finely chop the celery. Peel the potatoes and slice into fairly small pieces.
2. Score the tomatoes around in a cross shape, cover in boiling water for a minute or two and peel. Chop into small pieces.
3. Trim the beef, cut into small bite sized pieces and season well with salt and black pepper.
4. Briefly grind the caraway seeds with the hot and sweet paprikas using a pestle and mortar.
5. Heat a tablespoon of sunflower oil in a large heavy bottomed pan and gently saute the onion for 5 minutes until soft. Add the garlic and cook for a minute and then stir in the spices. Cook very gently for just a minute or two, stirring. Set aside.
6. Heat another tablespoon of oil in the same pan and brown the beef on medium heat for 8-10 minutes, turning the pieces of meat to brown all sides. With a slotted spoon, put the beef into the slow cooker and add the onions.
7. Tip the prepared carrot, parsnip, celery and potato into the pan, stirring to scrape up the meaty bits, and then stir in the chopped tomatoes and the tomato puree. Tip it all into the slow cooker and stir in the hot beef broth.
8. Cook on high until the soup begins to simmer. Once simmering, turn the slow cooker to low and cook for 4-5 hours.
9. Deseed the green pepper and slice into short thin strips. Stir into the soup and simmer for a further 25-30 minutes.
10. Season to taste with salt and black pepper. Finely chop the parsley leaves and stir in, reserving some for garnish.

Cooks Note

Tasty and nourishing, this beef and vegetable soup, flavoured with paprika and caraway seeds, is a traditional Hungarian dish. Ideal for occasions such as Halloween or Bonfire night, this soup will simmer happily in the slow cooker so that you can join in the fun. Some

recipes for this dish suggest topping each bowl of soup with a spoonful of soured cream, although this is not traditional.