



Recipe: Bosnian goulash



Preparation time:

30 minutes

Difficulty level:

Beginner plus

Ingredients for 4-5 people

- 2kg of really good beef goulash, in small pieces (it should be a bit greasy marbled so that it doesn't become tough afterwards and has more taste)
- canola oil and butter
- 1 kg onions, finely chopped
- 3 tbsp tomato paste
- 115g mini mushrooms from d. glass (drained weight)
- 125g fresh brown mushrooms, quartered
- 6 juniper berries
- ½ tsp pink peppercorns
- ½ tsp coriander seeds
- ½ tsp mustard seed
- ½ tsp cumin
- 2 level tsp marjoram
- 2 slightly heaped tbsp paprika rose hot
- 1 slightly heaped tbsp sweet paprika
- 3-4 bay leaves
- 100ml red wine
- About 100ml of water
- As an accompaniment: noodles. I like to use spelled spaetzle with it.



Optional to serve in small bowls on the table: chopped gherkins and cream

Preparation:

1. Finely grind all the spices except for the marjoram, bay leaf and paprika powder.
2. In a large casserole, sear the meat in three batches each in sufficient oil (so that the bottom of the pot is covered) and approx. 1 teaspoon of butter on all sides over a high flame, so that it gets colour. Add the oil to the casserole when it is already hot and add the meat when the oil is hot. Just before taking out each meat load, add 1 tablespoon of tomato paste to the meat, then place in a bowl.
3. After all the meat has been fried in a little oil, sweat the onions over medium heat in the meat drippings in the casserole for about 10 minutes over medium heat and stir constantly and allow to become translucent.
4. Then add the meat back in, as well as the wine, water, mini mushrooms and all the spices. Bring to a boil over high heat. Just add some salt. Then put the lid on. and let it simmer for about 2 hours on a low flame. Then add the quartered fresh mushrooms and let simmer together for another 15-20 minutes. If necessary, top up with liquid. Finally, season with salt.
5. Cook noodles according to package instructions. Serve with the goulash. Finished!
6. Bon appetit or as they say in Bosnia: Prijatno!

hp Finely chopped gherkins and some cream also go very well with it when serving. Don't put them in the pot and don't let them cook. This changes the flavor too much rather than complementing it.



