

GOULASH, A LA KATJA

INGREDIENTS

3 pounds boneless beef roast, cut into 1-inch chunks
2 tablespoons all-purpose flour
3 tablespoons olive oil, divided use
3 medium onions, cut into 1/2 inch pieces
8 ounces baby portobello or crimini mushrooms, brushed clean and cut in half
1 each green, red, yellow and orange bell peppers, cut into 1/2 inch pieces
4 cloves garlic, peeled, large cloves cut in half
1/2 cup sweet red wine
2 cups beef broth
3 tablespoons tomato paste
1 teaspoon herbs de Provence
1 teaspoon paprika
1/2 teaspoon cayenne pepper
Kosher salt and freshly ground black pepper to taste
chopped parsley, to garnish

DIRECTIONS

Preheat oven to 375F.

Place beef chunks in a large bowl. Sprinkle liberally with kosher salt and freshly ground pepper. Toss with the flour.

Heat a heavy Dutch oven over medium high heat and add 1 tablespoon of the olive oil. Swirl to coat the bottom of the pan. Place beef chunks in a single layer and brown. You will probably need to do this in batches. Do not crowd the meat or it will boil instead of brown. Add spices. Remove browned beef chunks to a bowl.

Reduce heat to medium-low. To the drippings in the Dutch oven, add the remaining 2 tablespoons of olive oil, onions, mushrooms, peppers and garlic. Toss to coat with the olive oil. Sauté, stirring occasionally, until onions are limp but not browned and mushrooms are releasing their liquid, about 10 minutes. Remove the veggies to a bowl.

Add red wine to the pot and cook 2 minutes, scraping up browned bits from the bottom. Add beef broth and tomato paste. Return beef and any accumulated juices to the pan. Stir until well-combined. Cover tightly and place in preheated oven. Simmer on low heat for 1-1/2 to 2 hours, stirring occasionally, until beef is fork-tender.

Remove Dutch oven from heat and wait for boiling to subside. Taste and re-season if necessary. Skim as much of the fat off as you like (I like my sauce very lean, so I let it cool for a while and then painstakingly remove the accumulated fat with a spoon). If the sauce is too thin, add a tablespoon of corn starch mixed with 3 tablespoons of cold water and return to a boil. Add your veggies back into the goulash and stir to combine.

Serve goulash over noodles, Spätzle or even mashed potatoes (not my first choice) with chopped parsley.