

Goulash stew ; beef, sausage, vegetables, creme fraiche and paprika

Recipe for 4 persons

Description

Goulash is one of those authentic and typical recipes that comfort and delight everyone.

Note

It is possible to replace parsnips with carrots.

Ingredients

Stew

- 600 Gr Shoulder blade roast, large cubes
- 100 Gr Garlic sausage
- 2 Unit(s) Onion
- 2 Large Potatoes
- 2 Unit(s) Tomato
- 1 Unit(s) Red pepper
- 2 Unit(s) Parsnip
- 2 Clove(s) Garlic
- 1 Tsp Cumin powder
- 1 Tbsp Paprika
- 250 Ml Beef broth
- Butter
- Salt and pepper
- Olive oil

Garnish

- 100 Ml Crème fraiche
- 10 Sprig(s) Chives
- Butter
- Salt and pepper
- Olive oil

Preparation

- Preparation time **140 mins**

Preparation

Remove seeds from tomatoes and dice.

Cut the peppers and onions into strips.

Peel the parsnips and potatoes and cut them into large pieces.

Chop the garlic and the chives.

Dice the sausage and make sure the beef pieces are cut into 3 cm cubes.

Stew

Heat the butter and oil in a large, heavy-bottomed frying pan and sear the meat over high heat for 5 to 6 minutes, until browned on all sides.

Add the diced sausage, onions, bell pepper, paprika, cumin, garlic, tomatoes, and beef broth. Bring to a boil, reduce heat to low before covering and simmer for 1 hour.

Add parsnips and potatoes and cook for 1 hour or until meat is tender and sauce is thickened.

On the plate

Divide the stew among your plates, then place a generous spoonful of crème fraîche on top and sprinkle with the chopped chives.

Bon appétit!