

SECOND COURSES

Tyrolen Goulasch

Ingredients 4 people

- 800 g beef (*shoulder or chuck*), cubed
- 500 g white or yellow onions, thinly sliced
 - 2 tablespoons oil or clarified butter
- 2 tablespoons sweet paprika (*preferably Hungarian*)
- 1 teaspoon cumin - 1 tablespoon tomato paste
 - 1 bay leaf - 1 teaspoon dried marjoram
 - Beef broth to taste
 - Salt and black pepper
 - A pinch of smoked paprika or chili pepper
 - For the polenta: 375 g corn flour

Preparation

Sauté: In a large saucepan, sauté the onions in oil/butter over low heat for 20–25 minutes: they should become soft and slightly caramelized (this is the secret of goulash). Remove from the heat, add the paprika and cumin, and stir quickly.

Meat: Return to the heat, add the meat, and brown well on all sides. Add the tomato paste, bay leaves, marjoram, salt, and pepper. Lightly cover with hot broth. Cover the lid and cook over very low heat for 2–2.5 hours, stirring occasionally. The sauce should be thick and creamy. At the end of cooking, add the smoked paprika or chili pepper. Let it rest for 10 minutes before serving (it's even better the next day).

Polenta: Bring 1.5 liters of salted water to a boil and slowly pour in 375 g of cornmeal, stirring constantly (be careful not to create lumps). Continue stirring and cook for 40–50 minutes. Serve loosely or spread out on a cutting board, with the goulash on top.