

Northern Italian Goulash Stew

Ingredients	Preparation
<p> ½ lbs of Beef Chuck Roast (in chunks) 1 onion, chopped 2 cloves garlic, chopped 1 stalk celery, chopped 1 carrot, chopped 1 cup tomato sauce 2 cups beef broth 2 tablespoons paprika 2 teaspoons cumin Salt/Pepper to taste </p> <p>To Garnish: Sour Cream or Fresh Parsley</p> <p>Serves: 6 portions</p>	<p> 1. Sautè the chopped onion, celery, and carrots. Once soft, add the garlic and stir to soften. Add the beef chunks and stir well. Once fully browned, add the tomato sauce and beef broth. Once mixed, stir in the paprika, cumin, and a bit of salt and pepper to taste. </p> <p> 2. Bring to a boil, then cover and turn the flame to low. Let simmer for several hours, stirring occasionally until the goulash sauce is thickened naturally and the beef is falling apart fork-tender. </p> <p> 3. Serve in a bowl over a generous helping of soft polenta or grits. Garnish with fresh parsley and/or sour cream dabbed on top. </p> <p> Suggested Wine Pairings: <ul style="list-style-type: none"> • <u>Vigna Petrusa Refosco Red Wine</u> • <u>Vigna Petrusa Schioppettino Red Wine</u> • <u>Vigna Petrusa Schioppettino Red Wine Riserva</u> </p>

Goulash has its history actually as a hearty dish from Hungary. Getting a lot of its flavor from paprika, or ground bell peppers, this gives it a little touch of spicy heat without being overwhelming. The defining characteristic of modern goulash compared to an English stew for example, is its thickness. Cooked for a long time to give the beef time to become delectably tender, this also reduces the juices and broth to create a more sauce like texture rather than a liquid soup. This means it is commonly served alongside polenta, or the Italian version of grits. The neutral polenta is wonderful at sopping up the thick, juicy sauce of goulash, and definitely ups the rib-sticking value of this dish!