

Emma's Goulash

(Easy Goulash Recipe)

Crockpot Goulash style



This is an easy Goulash recipe, a German style Goulash my grandma use to make, only I did it in a slow cooker.

Ingredients:

2 lbs. chuck or round steak
1 large onion, chopped
Beef stock (May use Bouillon cubes or granules)
Red wine (optional)
Flour for dredging
2 Tbs. Paprika (may use more if desired)
Salt
Pepper
3 - 4 Bay leaves (optional)
1 tablespoon caraway seeds (optional)
4 Tbs. Oil or other fat

Slurry:

1 cup water
1 / 2 cup flour

Directions:



It is important to use good paprika. I like the Hungarian Paprika because it is the most flavorful that I have found. There are others I am sure, but make sure it is fairly fresh and not been sitting in your cupboard for several years.



I like to toss the chunks of Beef with the paprika just like the Hungarian cowboys use to do when they traveled to preserve it. You can use a mix of flour and paprika if you want, but I just used the paprika here. I also blend in the salt here.



Get the onion and beef ready



Add the oil to the crockpot, preheat to high add the meat and brown.



This may take 30 minutes, so stir it every once in a while. uncover after 15 minutes or so , and the excess moisture will evaporate.



When the meat is browned add the onions, caraway seed and bay leaf



Add the stock and the red wine if you want.



Cover and simmer the Goulash for 4 to 8 hours depending on which heat selection that you use. The meat should be tender enough to easily cut with a fork.



At this point if you want to thicken the Goulash mix a slurry of 1 cup water and 1 / 2 cup flour till smooth. mix while pouring in a steady stream, only enough to slightly thicken.



Cook the Goulash for another 20 minutes, to cook the flour and thicken completely. That is why we only slightly thicken as it will continue to thicken for a while as it cooks. You can always add a bit more water or stock to thin.



Here I added more paprika. This was a nice bright red Spanish paprika , it gave this batch more flavor and a bold reddish color.

