

## Recipe for **GHOULASH**

### **Ingredients**

- 1 lb 8 oz pork fillet
- 2 tbsp Mangalitza lard
- 2 large onions, peeled and sliced
- 1 lb mushrooms
- 1 large red pepper, deseeded and chopped
- 1 large green pepper, deseeded and chopped
- Garlic cloves to taste, peeled and crushed or chopped
- 1-2 tbsp smoked paprika
- 1 pt pork stock (made from trotters with bay/rosemary/thyme infused)
- 4 tbsp tomato puree
- Salt and pepper to season
- Cornflower to thicken if desired



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### **Method**

- Heat the fat in a large frying pan. Cut the pork into cubes. Add to fat and fry over high heat until browned. Remove with a slotted spoon and set aside.
- Fry the onion and garlic in the pan for 5 minutes. Stir in the smoked paprika and cook for 1 minute then gradually add the stock and bring to the boil. Blend in the tomato puree and return the meat to the pan. Season with salt and pepper.
- Simmer for 15 minutes; add peppers and mushrooms. Simmer for further 10 minutes.
- If desired, blend cornflower to a smooth paste with a little cold water and stir in. Simmer for a few minutes stirring continuously until sauce has thickened.
- Scatter with freshly chopped parsley or thyme and serve with noodles or rice.

#### **TIP:**

Instead of cornflower use crème fraiche stirred in just before serving to thicken.

#### **TIP:**

For a fuller flavour, after adding the peppers and mushrooms stir for just two or three minutes then set the goulash aside for a day before reheating and serve as above.