

Slovakian Goulash

Goulash is a traditional Hungarian recipe; however it was adopted by Slovak people long ago. The Slovak version is not hot as they don't use hot paprika in the recipe.

Our mother is from Slovakia. Traditionally meat is not eaten on Friday's so our grandmother makes it every Saturday. She makes it from deer meat that our grandfather hunts. When we are in Slovakia for our summer holidays we really enjoy it when goulash is made as it is made outside in a big pot and all our family comes over for goulash feast.

We have also added a twist to the traditional recipe by using garam masala and cumin. In Slovakia goulash is served with either dumplings, potatoes or bread.

Goulash Feast in Slovakia



Ingredients



- Ingredients
- 4 tbsp olive oil
 - 1 kg lamb leg, cut into chunks
 - 3 large onions, thinly sliced
 - 4 garlic cloves, pressed
 - 1 red pepper, deseeded and thinly sliced
 - 2 tbsp tomato puree
 - 2 tbsp sweet paprika
 - 2 tbsp of bouillon vegetable stock powder
 - 1 tsp ground cumin
 - 1/2 tsp garam masala
 - 1 tsp smoked paprika
 - 2 tomatoes, deseeded

Method



- ① Fry the onions in oil for 30 mins with red pepper.
- ② Add garlic and all spices and fry for 5 mins.
- ③ Add meat, salt and fry for 10 mins.
- ④ Add tomatoes and tomato puree.
- ⑤ Leave it simmer on a low heat until the meat is soft.
- ⑥ Mix it regularly.
- ⑦ Serve with mashed potatoes.
- ⑧ I misto added garam masala and cumin.



Food groups:

Vegetables: tomato,
pepper, onion

Spices: paprika, ground
pepper, garam masala,
cumin, salt

C arbohydrates: potatoes

P rotein: Lamb meat

Cooked by
Adam (Pine)
Yusuf (Chestnut)
Zakariya (Apple)
Qureshi