



**GF Friendly**

## Goulash with Rumbled Roasties

tender beef in a rich sauce with roast potatoes

I found numerous recipes for goulash and borrowed bits and pieces from some to arrive at this one. The combination of different spices varied, so which ones you use is a matter of choice; and the size of meat-cubes seems to matter as they do tend to shrink over the cooking period. The roasties are a tasty, yet quick alternative to oven-baked, or sautéed potatoes and taste just as good, if not better. For a nice change, herbs can be added during the rumbling process.

- 1 kg stewing steak cut in 2.5cm (1 inch) cubes
- 2 medium onions, quartered & thinly sliced
- 2 Tbsps flour seasoned with:
  - ¼ tsp salt & ¼ tsp nutmeg
- 1 Tbsp paprika
- 1 tsp caraway seeds
- 1 green capsicum, seeded & thinly sliced
- 250ml beef stock                      100ml white wine
- 1 x 400g can diced tomatoes      1 tsp minced garlic
- 2 Tbsp flour                              2 Tbsp olive oil
- 1 Tbsp coarsely chopped parsley



Toss the meat in a large bowl with the seasoned flour to coat thoroughly. Fry in a tablespoon of oil until lightly brown. To avoid steaming, do this in 3 batches and set each aside when cooked. Put another tablespoon of oil in the pan, then fry the onions and garlic together for 2-3 minutes. Add the capsicum slices plus the paprika and cook a further 2 minutes. Return the meat to the pan and tumble gently for 4 minutes to re-heat. Now sprinkle with two tablespoons of flour and toss to coat. To complete the mix, pour in the beef stock and wine along with the tomatoes and caraway seeds. Stir to combine.

Transfer this to a suitable casserole dish or roasting pan, cover and bake on 175°C (160°C fan forced) for 1½ - 2 hours. Check occasionally to ensure mixture doesn't dry out. If after 1½ hours there seems to be too much liquid, remove the cover for the last half hour.

### Rumbled Roasties

Allow at least one potato per serve. Peel these and cut in 3 - 4cm cubes. Place in a pan with a lid, cover with water and boil until softening – test this with a fork rather than a sharp knife. Drain and leave in the pan with the lid off for about five minutes to dry a little. Drizzle on about a tablespoon of olive oil, then replace the lid and shake the pan around to toss the potatoes in the oil. Don't be too rough – the idea is to coat them in oil and break them up a bit, not mash them! Finally, arrange on a tray lined with baking paper and cook under a moderate grill. Turn them at intervals to achieve an all-over golden brown.

When serving, sprinkle with parsley and provide light sour cream as an optional topping.

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