VIKING
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Austrian Beef Goulash

This beef stew with paprika and caraway seeds is a standard in Salzburg pubs and Viennese coffeehouses, and will surely be a favourite during cold winter months.

Serves 4-6

INGREDIENTS WE NEED:

- 10 tbsp vegetable oil, divided in half
- 5 ½ cups onion, finely chopped (about 6 small)
- ½ cup garlic cloves, chopped very fine (about 1 large head)
- 2 lbs beef stew meat, cut into 1 ¼ inch pieces
- ½ cup cornichons
- Peel of half a lemon (yellow rind only)
- 1 tsp caraway seeds
- 4 tbsp paprika
- 2 tbsp tomato paste
- 2 tbsp red wine vinegar
- 2 ½ cups beef stock
- 2 bay leaves
- Salt & pepper to taste

LET'S MAKE IT...

- Heat half of the oil in a medium pot and sauté onion and garlic on med heat until golden brown, stirring occasionally to ensure garlic does not burn.

- In a second pan, heat remaining oil and sauté meat in small batches until browned well.

- Add meat to onion and garlic mixture.

- Finely chop cornichons and lemon peel, and add with all remaining ingredients to meat and onion mixture.

- Stir well to blend; bring to a boil then turn down heat to a low simmer and cook, stirring occasionally for 3 hours or until meat is tender.

- If needed, add a bit more beef stock.

- Before serving, adjust seasoning with additional salt and pepper as needed and remove bay leaves.

SERVING SUGGESTION

Serve over wide egg noodles, dumplings or potatoes, or with a dollop of sour cream.

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