Beef Goulash

Mashed potato, savoy cabbage, french beans

Ingredients (10 portions)

Beef Goulash, diced	1.5kg
White onions	600g
Carrots	600g
Marjoram	3g
Caraway seeds (or ground)	6g
Tomato paste	40g
Sweet paprika	40g
Red wine vinegar	30ml
Bay leaf	2
Vegetable oil	50ml
Beef stock	1ltr

Vegetables

Savoy cabbage	600g
French beans	300g
Parsley	½ bunch

Mashed potatoe

Potato	2kg
Cream	300ml
Butter	150g

Prep list

- Dice and season beef
- Slice onions, dice carrots
- Peel potatoes
- Shred cabbage and trim beans
- Chop parsley

Allergies and Alternatives

GF: gluten free
DF: change potato to sautéed or crushed new, plant cream mash
Vegan / veggie: tbc
Nut free: Yes

Blackboard wording

Beef goulash with mashed potato



Method

Goulash: Peel and slice the onions, fry them in oil until golden brown, add the marjoram, carraway seeds, and tomato paste and stir for few minutes.

Add the paprika and stir quickly. Add the vinegar and 500ml of stock, then reduce until the liquid has almost disappeared.

Add the remaining stock and blitz with a stick blender.

Trim and seal the beef in a frying pan, dice the carrots, add both to the onion base with the bay leaf and season, then cover and simmer for three hours until tender.

Check the seasoning. Leave overnight, if possible, for the flavours to develop.

Mash potato: Boil potatoes plenty of water. Good pinch of salt. Drain only when tender. Hard potato will make mash lumpy

Mash through mouli, and add infused milk and butter.

Service and Presentation

- Quennelle of mash slight off centre
- spoon of goulash
- sprinkle parsley

