

Macar Gula?

Authentic Hungarian Goulash (Gula?) recipe with tender beef, paprika, and vegetables. A hearty traditional stew perfect for family dinners.

15	60	75	4	Easy
HAZIRLIK DK	PI?IRME DK	TOPLAM DK	PORSIYON	ZORLUK

Macar Gula?

Malzemeler

- 3 tbsp butter
- 1 lb onion
- 1 lb beef
- 1 cup paprika
- 5 clove garlic
- 3 bell pepper
- 2 tomato
- 2 carrot
- 2 potato
- 5 cup beef broth
- 1 bay leaf
- 1 tsp salt
- 1 tsp black pepper

Yap?l???

- Prepare ingredients**

Cut 1 lb beef into 1-inch cubes. Dice 3 onions, chop 2 bell peppers into strips, peel and cube 2 potatoes, slice 2 carrots into rounds, and mince 5 garlic cloves.
- Cook the onions**

Heat 3 tablespoons lard in a large Dutch oven over medium heat (325°F/165°C). Add the diced onions and cook for 8-10 minutes, stirring occasionally, until soft and golden brown.
- Add paprika**

Remove the pot from heat and immediately stir in 1 cup Hungarian sweet paprika, mixing thoroughly to coat the onions evenly without burning the paprika.
- Brown the beef**

Return the pot to medium-high heat (375°F/190°C). Add the cubed beef and minced garlic, cooking for 8-10 minutes until the meat is browned on all sides and no longer pink inside.

5 Add vegetables

Add the bell pepper strips and cook for 5 minutes until they begin to soften. Add the potato cubes and carrot slices, stirring to combine with the meat and onions.

6 Add liquid and seasonings

Pour in 5 cups beef broth and add 1 bay leaf, 1 teaspoon salt, and 1 teaspoon black pepper. Bring the mixture to a rolling boil over high heat.

7 Simmer the goulash

Reduce heat to low (225°F/110°C), cover the pot, and simmer for 45-60 minutes, stirring every 15 minutes, until the beef is fork-tender and the vegetables are cooked through.

8 Remove the bay leaf, taste and adjust seasoning with additional salt and pepper if needed. Serve hot in bowls.

?puçlar?

Use authentic Hungarian sweet paprika for the most traditional flavor. Import brands from Kalocsa or Szeged regions provide the best results with their rich aroma and vibrant color.

Always remove the pot from heat before adding paprika to prevent burning and developing a bitter taste. Stir the paprika in thoroughly off the heat before returning to the stove.

Cut beef into uniform 1-inch pieces for even cooking. Smaller pieces will fall apart during the long cooking process, while larger pieces won't cook through properly.

Brown the beef thoroughly for 8-10 minutes to develop deep flavors. Don't rush this step as it creates the foundation for the entire dish's flavor profile.

If using tougher cuts like chuck or shank, cook the meat alone for 30-45 minutes before adding vegetables to ensure everything finishes cooking at the same time.

Allow the goulash to simmer on low heat for an extra 20-30 minutes beyond the recipe time to further tenderize the meat and develop richer flavors.

Choose red and yellow bell peppers over green ones for authentic flavor and better color. Hungarian varieties differ from standard bell peppers but these substitutes work well.

Use lard or bacon fat if available instead of oil for more traditional flavor, though any cooking fat will work for dietary preferences.