

Classic German Goulash: Tender Beef in Rich Paprika Sauce

Few dishes offer the rich, warming comfort of a perfectly made



TIME
6-8 min

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INGREDIENTS

- 1 ½ pounds stewing beef (e.g., chuck roast), cut into ½ to 1-inch chunks
- 1 tablespoon oil (vegetable or olive oil)
- 1 large yellow onion (about 400 g), diced
- 2 cloves garlic, minced
- 1 cup dry red wine (e.g., Cabernet Sauvignon, Pinot Noir, or Merlot)
- 3 tablespoons tomato paste
- 3 tablespoons Hungarian paprika (sweet or mild paprika for classic flavor)
- ½ teaspoon dried marjoram
- 1 teaspoon salt
- ½ teaspoon freshly ground black pepper
- 2 cups beef broth (low sodium preferred)
- 1 bay leaf
- 2 teaspoons cornstarch dissolved in 2 tablespoons water (or more, depending on desired thickness)

Swaps and Notes:

Stewing Beef: Chuck roast is ideal for goulash as it becomes incredibly tender when slow-cooked. You can also use beef stew meat.

Onions: Using a large amount of onion is characteristic of traditional goulash and contributes greatly to the sauce's body and flavor. Don't skimp!

Red Wine: Choose a dry red wine that you enjoy drinking. The alcohol will cook off, leaving behind

a rich flavor. For an alcohol-free version, use an extra cup of beef broth or a non-alcoholic red wine substitute.

Paprika: Hungarian paprika is key for authentic goulash flavor. Sweet or mild paprika is common, but you can use hot paprika if you prefer a spicier goulash.

Herbs: Dried marjoram is traditional. You can also add a pinch of caraway seeds for an authentic German touch.

Tomato Paste: This concentrates the tomato flavor and helps thicken the sauce.

Beef Broth: Low sodium beef broth allows you to control the saltiness. You can use beef stock for an even richer flavor.

Thickener: Cornstarch slurry provides a smooth thickening. You can adjust the amount based on how thick you prefer your sauce. A roux (butter + flour) could also be used at the beginning after the beef.

Instructions:

Brown the Beef: Heat 1 tablespoon of oil in a deep, heavy skillet or Dutch oven over medium-high heat. Once the oil is shimmering, add the beef chunks in batches (do not overcrowd the pan). Brown the beef thoroughly on all sides, creating a nice crust. This step adds immense flavor. Transfer the browned beef to a plate and set aside.

Sauté Onions & Garlic: Add the diced large yellow onion to the same skillet (no need to clean it - those browned bits are flavor!). Cook over medium heat, stirring occasionally, until the onions are lightly browned and softened, about 6-8 minutes. Add the minced garlic and cook for another minute until fragrant.

Deglaze with Wine & Add Seasonings: Pour in the 1 cup of dry red wine. Bring it to a boil, reduce the heat to medium-low, and simmer steadily for 3-4 minutes until it has evaporated by about half. Use a wooden spoon to scrape up any browned bits from the bottom of the pan as it simmers - this is called deglazing and adds rich flavor. Add the 3 tablespoons of Hungarian paprika, $\frac{1}{8}$ teaspoon of dried marjoram, 1 teaspoon of salt, $\frac{1}{8}$ teaspoon of freshly ground black pepper, and the 3 tablespoons of tomato paste. Stir well to combine all the seasonings and tomato paste with the onions.

Simmer Goulash: Return the browned beef to the skillet. Pour in the 2 cups of beef broth and add the bay leaf. Bring the mixture to a boil. Once boiling, reduce the heat to low, cover the skillet tightly, and let it simmer gently for about 1 hour, or until the beef is very tender when pierced with a fork. The longer it simmers, the more tender and flavorful it will be.

Thicken Sauce & Finish: In a small bowl, whisk together the 2 teaspoons of cornstarch with 2 tablespoons of water until completely smooth. Pour this cornstarch mixture into the simmering goulash, stirring constantly to prevent lumps. Continue to simmer for a minute or two until the sauce has thickened to your desired consistency. Add additional salt and pepper to taste, adjusting the seasoning as needed. Remove the bay leaf before serving.

Tips for Success:

Brown the Beef Well: Don't rush this step! A good sear on the beef creates deep, complex flavors for the goulash. Brown in batches if necessary.

Don't Skimp on Onions: The large amount of onions breaks down during cooking, creating a naturally thick and flavorful base for the sauce without needing excessive thickeners.

Quality Paprika: Use good quality Hungarian paprika. It's the star spice and makes a significant difference in flavor and color.

Reduce the Wine: Allowing the red wine to reduce by half concentrates its flavor, adding depth without an overwhelming alcohol taste.

Low and Slow Simmer: True goulash benefits from a gentle, long simmer. This tenderizes the beef and allows the flavors to meld beautifully.

Adjust Thickener: Add the cornstarch mixture gradually. You can always add a bit more if you want a thicker sauce, but you can't easily thin it out.

DIRECTIONS

1. **Brown the Beef:** Heat 1 tablespoon of oil in a deep, heavy skillet or Dutch oven over medium-high heat. Once the oil is shimmering, add the beef chunks in batches (do not overcrowd the pan). Brown the beef thoroughly on all sides, creating a nice crust. This step adds immense flavor. Transfer the browned beef to a plate and set aside.
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6. **Serve over your choice of :** Spätzle, German Potato Dumplings, German Bread Dumplings, boiled potatoes, or egg noodles.
7. **Makes** 4 large or 6 smaller servings.
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14. **Serving Suggestions and Pairings:** This German Goulash is a rich and hearty meal that pairs wonderfully with classic German and European accompaniments. Its deep flavors are complemented by:
15. **Spätzle:** Small German egg noodles, perfect for soaking up the sauce.
16. **German : Potato Dumplings (Knödel) or German Bread Dumplings (Semmelknödel)** for a truly authentic experience.
17. **Simple boiled potatoes or creamy mashed potatoes.**
18. **Hearty egg noodles or rice.**
19. **A side of sauerkraut or a fresh, crisp green salad with a light vinaigrette** to cut through the richness.
20. **A glass of dry red wine or a : German beer** would be perfect beverages.
21. **For other hearty and flavorful comfort food dishes,** you might also enjoy:
22. **My This : Tomato Skillet with Okra and Sausage** is My Favorite Quick Dinner Packed with Southern Flavor.
23. **Or my : This Cajun Chicken Sausage Gumbo** is My Favorite Bowl of Southern Comfort.
24. **Storage and Leftover Tips:** German Goulash often tastes even better the next day as the flavors continue to meld! Store cooled leftovers in an airtight container

in the refrigerator for up to 3-4 days. To reheat, gently warm in a saucepan over low heat, stirring occasionally. If the sauce has thickened too much, add a splash of beef broth or water to reach your desired consistency. Goulash also freezes beautifully for up to 3 months. Thaw overnight in the refrigerator before reheating.

- 25.** More Recipes You Will Love: If you loved the comforting and hearty nature of this German Goulash, you'll find similar satisfaction in these other fantastic recipes:

SWAPS & NOTES

The beef becomes unbelievably fork-tender, practically melting in your mouth.

It's a truly comforting and satisfying meal that feels both traditional and approachable, making it a go-to for me when I crave something deeply flavorful and easy to enjoy.

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Red Wine: Choose a dry red wine that you enjoy drinking.

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More recipes: [ChefManiac.com](https://chefmaniac.com)

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