

German Goulash: Hearty, Flavorful & Authentic Comfort Food

German Goulash: A Hearty, Flavorful Hug in a Bowl!



TIME
6-8 min

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INGREDIENTS

- 1 1/2 pounds stewing beef, cut into 1/2 to 1-inch chunks (chuck roast or beef round work well)
- 1 tablespoon oil (vegetable or olive oil)
- 1 large yellow onion (about 400 g or 14 oz), 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 hot, depending on preference)
- 1/2 teaspoon dried marjoram
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 2 cups beef broth
- 1 bay leaf
- 2 teaspoons cornstarch dissolved in 2 tablespoons water (or more, depending on desired thickness)

Swaps and Notes:

Stewing Beef: Choose beef cuts suitable for slow cooking, like chuck roast, beef round, or stew meat. Cut them into even chunks for consistent tenderness.

Onions: The large amount of diced onion might seem like a lot, but they cook down significantly and contribute essential sweetness and body to the sauce.

Red Wine: A dry red wine adds fantastic depth. If

you prefer to cook without alcohol, you can substitute with an equal amount of beef broth, though the flavor profile will be slightly different.

Hungarian Paprika: This is crucial! Hungarian paprika (especially sweet paprika) is vital for authentic goulash flavor and color. Regular paprika won't give the same depth.

Herbs: Dried marjoram is traditional; dried thyme can be a substitute if needed.

Cornstarch Slurry: The cornstarch and water mixture (a slurry) is used to thicken the sauce at the end. Adjust the amount based on how thick you like your goulash. You can also use a flour roux at the beginning if you prefer.

Spice Level: If you like a little heat, use hot Hungarian paprika or add a pinch of cayenne pepper.

Instructions:

Brown the Beef: Heat the oil in a deep, heavy skillet or Dutch oven over medium-high heat. Add the stewing beef in batches if necessary, ensuring not to overcrowd the pan. Brown the beef on all sides until a nice crust forms. This step is crucial for flavor. Transfer the browned beef to a plate and set aside.

Sauté Aromatics & Deglaze: Add the diced yellow onion to the same skillet (don't clean it; those browned bits are flavor!). Cook until the onions are lightly browned and softened, about 6-8 minutes, stirring occasionally. Add the minced garlic and cook for another minute until fragrant. Pour in the dry red wine, bring it to a boil, and reduce the heat. Simmer steadily until the wine has evaporated by about half, which should take 3-4 minutes, scraping up any browned bits from the bottom of the pan as it simmers.

Build the Sauce: Stir in the tomato paste, Hungarian paprika, dried marjoram, 1 teaspoon salt, and 1/2 teaspoon freshly ground black pepper with the onions and reduced wine. Cook for another minute, stirring to combine everything well. Return the browned beef to the skillet and pour in the beef broth. Add the bay leaf.

Simmer and Tenderize: Bring the mixture to a boil, then immediately reduce the heat to low. Cover the skillet or Dutch oven tightly and simmer gently for about 1 hour, or until the beef is very tender and easily pierced with a fork. Check occasionally to ensure it's not sticking, and add a splash more broth if needed.

Thicken the Sauce: Once the beef is tender, remove the bay leaf. Stir the cornstarch dissolved in water into the goulash. Stir constantly to prevent lumps and continue to simmer for a minute or two until the sauce has thickened to your desired consistency.

Final Seasoning: Taste the goulash and add additional salt and pepper to taste if needed.

Serving and Enjoying:

Spätzle (German egg noodles)

German Potato Dumplings

German Bread Dumplings

Boiled potatoes

Simple egg noodles (like wide egg noodles)

Tips for Success:

DIRECTIONS

1. Making : German Goulash involves a few steps, but it's largely hands-off simmering time, letting the flavors develop beautifully.
2. Brown the : Beef: Heat the oil in a deep, heavy skillet or Dutch oven over medium-high heat. Add the stewing beef in batches if necessary, ensuring not to overcrowd the pan. Brown the beef on all sides until a nice crust forms. This step is crucial for flavor. Transfer the browned beef to a plate and set aside.
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6. **Thicken the : Sauce:** Once the beef is tender, remove the bay leaf. Stir the cornstarch dissolved in water into the goulash. Stir constantly to prevent lumps and continue to simmer for a minute or two until the sauce has thickened to your desired consistency.
7. **Final : Seasoning:** Taste the goulash and add additional salt and pepper to taste if needed.
8. **Serving and Enjoying:** German Goulash is meant to be a hearty, comforting meal. It's traditionally served over various sides that can soak up its rich sauce. Your choice of accompaniments includes:
 9. Spätzle (German egg noodles)
 10. German : Potato Dumplings
 11. German : Bread Dumplings
 12. Boiled potatoes
 13. Simple egg noodles (like wide egg noodles)
14. This recipe makes 4 large or 6 smaller servings, perfect for a family dinner or leftovers!
15. **Tips for Success: Brown the Beef Well:** Don't rush this step! A good sear on the beef adds deep, savory flavor (the Maillard reaction) to the goulash.
16. **Use : Hungarian Paprika:** Seriously, it makes a difference. Its rich color and unique flavor are essential for authentic goulash.
17. **Low and : Slow Simmer:** Patience is key for tender beef. Keep the heat low and let it gently simmer, not aggressively boil.
18. **Adjust : Thickness:** If you prefer a thicker sauce, you can add a bit more cornstarch slurry. If it's too thick, thin it with a splash of hot beef broth or water.
19. **Taste and : Adjust:** Always taste your goulash before serving and adjust salt, pepper, and even a bit more paprika or marjoram if you feel it needs it.
20. **Storage and Leftover Tips:** Goulash is one of those magical dishes that often tastes even better the next day as the flavors continue to meld. Store leftover German Goulash in an airtight container in the refrigerator for up to 3-4 days. To reheat, gently warm on the stovetop over low heat, adding a splash of beef broth or water if the sauce has thickened too much. It also freezes beautifully for up to 3 months; thaw in the refrigerator overnight before reheating.
21. **More Recipes You Will Love:** If you appreciate the hearty, comforting flavors of this German Goulash, you'll love exploring some of my other warming and savory recipes:
22. For another soulful, slow-cooked dish, try my : This Cajun Chicken Sausage Gumbo Is My Favorite Bowl of Southern Comfort.
23. If you're a fan of rich pasta dishes that feed a crowd, my Classic Spaghetti Recipe with Homemade Sauce is a timeless favorite.
24. For a super easy and comforting one-pan meal, check out my This Instant Pot Lasagna Is My Favorite Way to Make Comfort Food Fast.
25. And for another simple yet delicious skillet meal, my This Tomato Skillet with Okra and Sausage Is My

Favorite Quick Dinner Packed with Southern Flavor is a fantastic choice.

SWAPS & NOTES

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TIPS FOR SUCCESS

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