

Authentic Hungarian Goulash: A Rich and Hearty Beef Stew Recipe

Authentic Hungarian Goulash: The Ultimate Comfort in a Bowl



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3 min

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INGREDIENTS

The Base:

Beef: 1 1/2 pounds of beef chuck, cut into 1-inch cubes.

Fat: 2 teaspoons of butter or, for a more traditional flavor, lard.

Aromatics: 2 medium onions, diced.

Spices: 2 tablespoons of high-quality sweet Hungarian paprika and 1 teaspoon of caraway seeds.

Pantry Staples: 1/4 cup all-purpose flour, 1 teaspoon salt, and 1/4 teaspoon black pepper.

The Liquid:

Broth: 2 t cups of beef broth or water.

Tomatoes: 1 cup canned diced tomatoes (with juices).

Optional Add-ins:

Vegetables: 1 1/2 cups sliced carrots and 3 cups cubed potatoes.

DIRECTIONS

- 1. SautØ the Onions:** In a large Dutch oven or heavy-bottomed pot, melt your butter or lard over medium heat. Add the onions and cook until they are translucent and soft.
- 2. Bloom the : Spices:** Stir in the caraway seeds and the paprika. This "blooms" the spices in the fat, releasing their essential oils. Be careful not to burn the paprika, as it can become bitter!
- 3. Dredge and : Sear:** In a separate bowl, toss your beef cubes with the flour until evenly coated. Add the beef to the onion mixture and cook for 2-3 minutes to lightly brown the flour and meat.
- 4. Deglaze:** Slowly pour in 1/4 cup of the beef broth. Use a wooden spoon to scrape the bottom of the pan-this is where all the "fond" (flavor) lives!
- 5. Simmer:** Add the remaining broth, diced tomatoes, salt, pepper, and the optional potatoes and carrots.
- 6. The : Long Wait:** Bring the pot to a boil, then reduce the heat to a very low simmer. Cover and let it cook for 1.5 to 2 hours. You'll know it's ready when the beef is fork-tender and the sauce has thickened into a rich mahogany glaze.

SWAPS & NOTES

The Paprika: This is the most important part!

Do not use "smoked" paprika unless you want a very different flavor profile.

Look for "Sweet Hungarian Paprika" for that authentic, bright red, savory finish.

The Meat: If you can't find beef chuck, bottom round or even venison works well.

TIPS FOR SUCCESS

Don't Rush the Onions: The more you cook the onions (even letting them get slightly golden), the more sweetness they provide to balance the paprika.

Check the Liquid: If the sauce gets too thick before the meat is tender, add a splash more broth or water.

The "Rest" Period: Like my Classic Spaghetti with Homemade Sauce, this stew benefits from sitting for 10-15 minutes before serving to let the flavors marry.

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

Original recipe: <https://chefmaniac.com/authentic-hungarian-goulash-a-rich-and-hearty-beef-stew-recipe/>