

Goulash

Itsi Weinstock - adapted recipe from mum

May 17, 2019

Preparation 1

1. Finely chop 2 **onions**.

Cooking 1

1. In a very large pot, heat 3 **tblsp oil** on high heat until shimmering, then add 1 **tblsp caraway seeds** and let sputter until aromatic (10 seconds).
2. Add chopped **onions** and 1/4 **tsp baking soda**. Stir frequently until a brown coating is on the bottom of the pan (3-4 minutes). Add 1 **tblsp water**, scrape up browned bits. Repeat until onions are deep brown (10 minutes).

Preparation 2

2. **Veggies group:**
 - 1 **onion** - rustically chopped
 - 2 **eggplants** - rustically chopped
 - 2 **capsicums** - rustically chopped
 - 500 g **mushrooms** rinsed and left whole
 - 4 **potatoes** (unpeeled) cut into large bite-size chunks
3. **Stock group:**
 - 500 ml **boiling water**
 - 1 **bouillon**
 - 2 **tblsp red miso**
 - 1 **tblsp dark soy**
 - 1 **tblsp paprika**

Cooking 2

3. Fry 2 **tblsp paprika** in the onions for the last 30 seconds.
4. Add the veggies and mix to coat in onions.
5. Add 350 ml of **ajvar** and mix to coat the veggies.
6. Add additional **water** until mostly covered. Bring to a boil then reduce heat to a bare simmer. Cook with the lid off for many hours until the onion, capsicum and eggplant have completely dissolved.
7. Adjust to taste with **salt, paprika** and ground **caraway**.

Further Experimentation

Structural veggies will be potatoes and mushrooms. Other root vegetables could be added (carrots, beets, parsnip) for this purpose.

Experiment with seitan.

Smoked paprika could be a good addition.

Ingredients:

3	large onions
2	large eggplants
2	red capsicums
4	potatoes
500 g	small button mushrooms
350 ml	hot ajvar
3 tblsp	cooking oil
1/4 tsp	baking powder
2 tblsp	caraway seeds
3 tblsp	sweet paprika
1 cube	veg bouillon
2 tblsp	red miso
1 tblsp	dark soy sauce