



# GOULASH WITH TOMATO SAUCE



Goulash - which may also be spelled Gulasch - is a tasty, spicy dish typically found in North-eastern Italy, though it originates from Hungary. Onion is the trademark ingredient of this dish. Traditionally, the quantities of onions and meat should be equal.



Medium



165'



## INGREDIENTS (PORTIONS: 6)

- 14.1 ounces [Finely Chopped Tomatoes Organic 24.7 oz](#)
- 0.17 ounces Cumin seeds
- 5 tablespoons Extra virgin olive oil
- 1.76 ounces Finely ground “00” type white flour
- 2.2 pounds Leg of beef
- 1 cup Red wine
- to taste Salt
- 1/2 teaspoon Spicy paprika
- 2 tablespoons Sweet paprika
- 2.2 pounds White onions



## FOR THIS RECIPE WE USED:

## PREPARATION

1. Cut the leg of beef into regular cubes, about 0.6 inches on each side, dredge with flour and eliminate the excess.
2. Cut the onions finely and sauté them in olive oil and two tablespoons of hot water in an appropriately sized casserole pan.
3. When the onion begins to brown, add the flour-drenched beef cubes. Increase the heat slightly and braise the meat for 10 to 15 minutes, stirring well so it does not stick to the pan.
4. Remove the pan from the fire. Add the paprika and chili and mix well. Place the meat back on the fire and add the red wine. Season with salt. Stir and allow the alcohol from the wine to evaporate, cooking at medium-high heat for about 5/10 minutes.
5. Add De Rica Finely Chopped tomatoes organic. Lower the heat and simmer with the lid on for 2 hours, stirring and adding tablespoons of hot water, as necessary. The cooking juices should thicken and the sauce will have an intense, shiny red-brown color.
6. Towards the end, add the cumin seeds and check the salt.
7. Serve with polenta or bread gnocchi.

