

Szekely Gulyas **(Pork and Sauerkraut Stew)**

- 1 pound pork, shoulder
- 1 pound ribs of pork
- 3 large onions, chopped
- 2 tablespoons lard or other fat
- 2 cloves garlic, crushed
- ½ teaspoon caraway seeds
- ½ teaspoon paprika
- 1 cup water
- 1 teaspoon salt
- 2 pounds sauerkraut
- 2 teaspoons flour
- 1 pint sour cream

Cut meat and ribs in 2-inch pieces. Cook onions in fat in Dutch oven or 12-inch frying pan until yellow. Add garlic, caraway seeds, paprika, and water; bring to a boil. Add meat, ribs and salt. Cover and simmer for 1 hour. Add sauerkraut and enough water to cover. Cook about 45 minutes or until meat is tender; stir occasionally. Blend flour and sour cream; add to the stew and simmer for 5 minutes. Serve with buttered noodles. Yield: 8 servings.

The Cookbook of the United Nations, 1964