

GOULASH

Ingredients

- 1 1/2 pounds stew beef or half beef and half pork the better the cut the better the goulash
- 1 1/2 tablespoons shortening lard, butter or best olive oil
- 2 onions medium
- salt and pepper
- a little vinegar
- 1 teaspoon marjoram
- caraway seeds
- paprika mild

Instructions

1. Sprinkle meat with caraway seeds and a little vinegar and let stand.
2. Slice the onions and cook in the shortening until they are golden yellow.
3. Then add the cubed meat and brown from all sides, add salt and pepper to taste and the marjoram.
4. Cover and let simmer, adding water, if necessary.
5. Half an hour before the goulash is done add one large tomato [peeled and sliced].
6. Takes about 2 1/2 hours.

Notes

GOULASH WITH SAUERKRAUT: Prepare goulash as above, instead of tomato add 1-pound sauerkraut. Before serving stir in 1/2-pint sour cream.