

Alma's Hungarian goulash soup

Years ago Hein was looking for a beef potjie. We found this Hungarian stew recipe and it was a real hit.

Then I thought ... why not add more beef stock and turn it into a soup!

This is really really a heart-warming recipe!!! You HAVE to add beans (I normally use tinned kidney beans (drained) or tinned baked beans.

The different spices are also a real must ... it does look like a lot of spices, but hopefully you'll have them already in your cupboard.

And trust me ... once you've made this soup, you'll make sure you have the staples in your house.

I've just made this soup again .. but with smoked pork neck. You can also use chicken. And if you want to make a stew ... use less beef stock!



Hungarian Soup

1 tbsp veg oil
1 heaped tablespoon butter
1 onion, finely chopped
500 g beef shin, cubed
Black pepper, ground
All-purpose flour
1 tsp ground cumin
1 tsp ground coriander
1 tbsp ground paprika
½ tsp caraway seeds (optional)
½ tsp fresh thyme leaves
1 clove garlic, crushed
600 ml beef stock (600 ml boiling water, 5 tsp beef stock granules)
1 fat red chilli, seeded and chopped (optional)
2 fresh tomatoes, chopped finely
50 g tomato paste (we get it in sachets of 50g)
2 medium-sized potatoes, cut into small cubes OR carrots, sliced
1 tin kidney beans, drained (OR Baked Beans with sauce and all)
1 heaped tablespoon steak rub seasoning (or something similar)

Roll the beef shin first in ground black pepper, then in flour. Fry in oil/butter on both sides till brown. Remove from pan.

Fry the onion for about 8 mins, until it begins to soften without colouring. Add the meat, the paprika, chillies, fresh tomatoes, coriander, cumin, tomato paste, carrots, kidney beans / baked beans, steak rub, caraway seeds, thyme, garlic and 600 ml stock to cover and stir thoroughly.

See if its enough liquid for a soup. Simmer gently, covered for 2 - 4 hours till carrots are soft.