



### HUNGARIAN BEEF GOULASH

Serves 8

#### Ingredients

1.5kg/3lb shin beef, cubed  
 Oil  
 5 medium onions  
 2 red peppers  
 2 tsp caraway seeds  
 1 tsp sugar  
 1 tsp Hungarian sweet (edes) paprika  
 ½ tsp Hungarian hot (csipos) paprika  
 1 tsp Hungarian goulash spice mix sweet (edes)  
 ½ tsp Hungarian goulash spice mix hot (csipos)  
 3 cloves of crushed garlic  
 2 tsp marjoram  
 100ml red wine  
 ½ lit/just under a pint of beef stock  
 ½ lit/just under a pint of boiling water  
 Salt, black pepper  
 2 tsp cornflour

#### Method

1. Heat the oil in a big pan, add chopped onions and sugar, sauté for 2-3 minutes. Put the lid on and lower heat to minimum, let the onion sweat for at least 10 minutes. Then bring to higher heat, take a lid off and stir until the onions just start to brown. Lower heat and add caraway seeds; stir for another minute, then add chopped peppers, garlic and marjoram. Stir for two minutes.
2. Add the beef, stir for a minute, add paprika and goulash spice mix, stirring to evenly coat the meat. Season to taste with salt and pepper.
3. Add the red wine and beef stock. Bring to boil, add boiling water, cover, reduce heat to very low and cook 1½ hours or until tender. When the meat is tender, thicken with cornflour.
4. Goulash needs to rest before serving for at least 15 minutes. Serve with freshly baked crusty bread, or jacket potatoes.

in 2009 for liver cancer, Darina had an operation for lung cancer in 2010. 'I was very disappointed,' she said. 'But always something pushed me forward, my husband, my children, Darina and Igor, my grand-daughter.' Further surgery was scheduled.

Darina was very weak, but home and on oral chemotherapy, her passion for food developed into cooking for family and friends, Slovakian and Hungarian stews and home-baked breads. People started to ask her if they could take home a bit of her paprika as the flavour was so rich and intense.

Darina looked into the healing properties of 'quality' paprika and the very positive grading of it through the European Spice Trade Association. 'I didn't feel convinced I could do the project any more,' Darina admitted, but after encouragement from Jonathan she suggested a trip to Hungary with Igor when he'd finished university in 2011. They went to the Kalocsa region where the best paprika could be found and a short time later, they opened for business.

In the last year of Igor's honours degree in European Politics and Diplomacy, last March, Darina was scheduled for further

liver surgery, she urged the family not to tell Igor during his final exams. Darina said: 'I have loving family and friends, good friends, who will do anything for me, I wanted Iggy to do his exams without worrying about his mum.'

'While Igor's hobby is politics, he's always helped with family business matters and he wanted his own business.'

The Paprika Lady became a limited company this time last year and the brand is now blossoming although Darina is quick to point out that she cannot do it on her own, and spoke highly of her friend, Julie Woodward. 'She always finds time for me, she has helped me a lot as Iggy's venture has gone from strength-to-strength. And it is not simply proving to be a commercial success, but a personal boost too – for Darina doing the tastings is like therapy, even though she can no longer eat the traditional meals she makes.

'I'm on a macrobiotic diet now, since my last surgery, so I don't eat the dishes I cook any more because I have no pork or beef. But, at the end of the day, I have always been, how you call? A very happy chappy!'

Find more at [www.paprika-lady.co.uk](http://www.paprika-lady.co.uk)