

with cancer and doctors told her she had only a few months to live. But she has undergone numerous bouts of surgery and responded to treatment and as she explains: "It was a miracle. Five years later and I am still here."

Having always loved to cook for family and friends, Darina's favourite dish has always been Hungarian goulash.



"My friends always complimented me on my goulash asking how I got the beautiful rich colour. I told them my mum sent me Hungarian paprika but they discovered that it wasn't available to buy here."

“ AS A CHILD I WONDERED WHY MY GRANDMOTHER ALWAYS BOUGHT PAPRIKA FROM HUNGARY ”

The Capsicum Annuum or Hungarian pepper was discovered around 300 years ago – it is known as the Hungarian Hot Wax because of its yellow colour, which when ripe develops into a rich orange red colour. They have a unique flavour which is the result of the Hungarian soil and climate as they are dried naturally in the sun.

"As it wasn't available here I told my son Igor that I had an idea to import paprika to England – he has always had a keen interest in business and also loves to cook – he offered to help me with research."

• Darina and Igor made their

first trip to Hungary in 2012 where they made contact with producers and agreed to bring the first batch of top quality paprika back to England.

"Like every new product, people need an introduction so we went to farmer's markets and shows to do cookery demonstrations. It has been very well received."

Lakeland are now looking to stock the products along with the Remoska – a traditional Czech Republic mini oven that Darina and Czech-born cookery writer Lady Milena Grenfell Baines use and promote in cookery demonstrations.

And, at a recent book signing, Darina introduced celebrity chef Hugh Fearnley Whittingstall to The Paprika Lady products. He immediately endorsed the products saying: "The Paprika Lady's paprika is the real deal – fresh, zesty and full of flavour!" ■



Hungarian Beef Goulash

Ingredients – 8 portions:

- 1.5 kg shin beef
- Oil
- 5 onions (medium size or 4 big)
- 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 lt beef stock
- ½ lt boiling water
- Salt, black pepper
- 2 tbsp cornflour

Preparation:

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