

The main square in Szeged, Hungary, at the beginning of the 20th century. Inset, below – tasty paprika



tradition

½ litre boiling water
2 tbsp cornflour diluted with a little cold water

Method

Heat oil in a big pot, add chopped onions and sugar, sauté for 2-3 min. Put the lid on and lower heat to minimum, let the onion sweat for at least 10-15min. Then bring to higher heat, take a lid off and stir until onions starts brown. Add caraway seeds; stir another 1 min, than add chopped peppers, garlic and marjoram. Stir for 2 min, add beef cut into 3cm cubes, stir for another 1 min, 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 boil, add boiling water, cover, reduce heat to very low and cook 1 ½ hours or until is almost fork tender. When meat is tender thicken with the corn flower. Goulash needs to rest at least 15 min. before serving. Serve with freshly baked crusty bread.

■ www.paprika-lady.co.uk

ALE AND HEARTY with beer connoisseur Mark Briggs

SHARP'S DOOM BAR

In my opinion this beer is well overrated. Some drinkers rave about this bronze coloured ale from the Cornish brewer, but I don't know what all the fuss is about.

It is a thinly flavoured ale, that lacks the body you would find in most 4% beers. A smooth, slightly sweet, malty taste there is perhaps a minimal biscuity flavour in the malt. The aftertaste is pretty average too, leaving you with a mildly bitter hopped taste on the palate.



For more reviews visit mark's blog:
realaleupnorth.blogspot.co.uk