



# See Jane Cook

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## MAGYAR GOULASH

- 4 oz. slab bacon, rind discarded, cut in 1/4-inch dice
- 1 tbsp. lard
- 1 large onion, coarsely chopped
- 1 tbsp. minced garlic
- 2 tbsp. sweet paprika
- 1/2 tsp. caraway seeds
- 2 lbs. beef rump, cut in 2-inch cubes
- 1 medium parsnip, peeled and cut in 1-inch pieces
- 4 cups beef broth, warmed
- 2 pale green Italian frying peppers, stemmed, seeded and cut in 1-inch pieces
- 1 red bell pepper, cleaned and cut in 1-inch pieces
- 2 medium Idaho potatoes, peeled and cut in 1/2-inch cubes
- 4 plum tomatoes, peeled, seeded and cut in 1-inch pieces
- Salt to taste
- 4 oz. wide, short dried egg noodles
- 1/2 cup chopped flat-leaf parsley

Place bacon and lard in a large heavy pot and cook over low heat until the bacon browns slightly, about 5 minutes. Add onion and cook and stir over low heat for 5 minutes. Add garlic and cook until onion is wilted, about 5 minutes longer.

Remove from heat and stir in paprika and caraway seeds. Add the beef, parsnip and broth. Bring to a boil, reduce heat, cover and simmer for 1 1/2 hours.

Add all the peppers, the potatoes, tomatoes and salt. Increase heat to medium and cook uncovered for 30 minutes. Stir in noodles and cook until tender, about 10 minutes longer. Stir in parsley. Serve piping hot in shallow bowl with coarse black bread and creamy butter. Makes 6 servings.

From "All Around the World Cookbook" by Sheila Lukins.