

FOR MEN ONLY:

Goulash Is an Exciting Hungarian Cowboy Story

BY MORRISON WOOD

I AM very fortunate in having a good friend whose business is spices and flavoring extracts, and who, in addition, is a Hungarian. So when Alidar Fonyo gave me a jar of real Hungarian paprika, I couldn't wait to make some Hungarian goulash.

There are a number of authorities on food who differ on what constitutes a true Hungarian Gulyas (goulash). Some say it is founded on pork, others on veal and still others on beef. Truth to tell, this famous dish is rarely prepared in the correct way outside of



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Hungary, and the crimes which are committed in its name in the majority of restaurants are unspeakable. In the old days Hungary had its great plains on which vast herds of cattle grazed. The Hungarian cowboy was known as a gulyas. He always carried with him some potatoes, onions, and of course, paprika. Occasionally, a young calf would be cut out of the herd, butchered, and used for food. And at night the cowboys would make their favorite food, or stew, which was called Magyar (Hungarian) Gulyas.

If you couldn't go out on the plains and get goulash made by a cowboy, you could get the real thing (with a few refinements) in many cafes on Budapest's St. Joseph Quay. But it isn't necessary to make a trip to Hungary to enjoy a wonderful goulash—you can make it right in your own home.

Have 2 pounds of very lean beef cut into about 1-inch cubes. Be sure and have lean beef, and cut off all the fat. Then melt 2 ounces of lard in a heavy skillet, and fry in it 2 fair-sized red onions, peeled and sliced paper thin (if you cannot get the red onions, you can use Bermuda onions, but the goulash won't have as pungent a flavor).

Do not allow the onions to brown, but when they are tender add the cubed meat, and shake the skillet and stir the mixture until the meat and onions become golden brown. Season with salt to taste, and add 1 generous tablespoon of the best Hungarian paprika you can get.

THIS is necessary for a true flavor. Domestic paprika has pungency, but no heat; Spanish paprika has heat but little pungency; real Hungarian paprika has both pungency, heat, and lasting color. Also add 3 ounces of tomato paste, $\frac{1}{2}$ teaspoon of caraway seeds, $\frac{1}{2}$ cup dry red wine, and enough beef bouillon (about 1 can). Put the lid on the skillet and allow the mixture to simmer very slowly for about 3 hours. If the liquid boils away too much, add a little more bouillon and wine.

When the meat is quite tender, add 5 medium-sized boiled potatoes, cut into pieces about the size of walnuts. Mix the potatoes and meat thoroly, and let the whole thing simmer for another 10 minutes. If there should be any grease, skim it off.

Just before serving, melt $\frac{1}{2}$ ounce of butter in a small saucepan, stir in quickly $\frac{1}{2}$ teaspoon of paprika, and add immediately a tablespoon or so of water. Pour this liquid into the stew, again mix well, and serve. This last addition to the goulash gives it the coveted red color, and the delicious Hungarian flavor.

AND here's a delectable Hungarian dessert, Geszetenye Puree. Boil 1 pound chestnuts for 20 to 30 minutes. Peel and remove the inner skin and put them thru a ricer while still hot. Add $\frac{1}{2}$ teaspoon vanilla extract, 2 ounces rum, and about 1 teaspoon powdered sugar. Mix this well and chill. Beat 1 cup heavy cream until stiff, and add slowly juice 1 orange and 1 tablespoon curacao. Add pureed chestnuts, and beat all together thoroly. Put back in refrigerator till cold. Then serve.

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Hungarian cooking Goulash