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RACKS Recipes: Venison/ Deer

Goulash

Ingredients:

1-2 lbs Venison, Moose, Veal or Beef sliced in lengths bite size.
1 medium onion chopped
1 green pepper- chopped into med size pieces (exclude if you do not like)
1 carrot- chopped into med size pieces (exclude if you do not like)
1 medium Tomatoe chopped (1 small can of tomatoe paste is good too)
2 Tablespoons Hungarian Paprika spice (powder like- Its all in the flavouring) use reg paprika if you cannot find
Salt & Pepper
1/2 cup Sour Cream
1/4 white flour.
5 tablespoons lard/ shortening (you can use oil if you do no have lard- do not use butter)
1/4 cup finely chopped parsley (add to Goulash if left over)
Beef Bouillon see directions for 4 cups of water
Csipetke or egg noodles (home made is best but you can cheat if you find it in the store. I always make them a day ahead)
3/4 cup white flour
1 egg
salt

Heat lard in a large pot over medium heat. When hot add onions. Cook onions until transparent then add Paprika. Remove pot a stir until all onions covered. Smell the aroma!!!

Add carrots & sliced/ chopped meat and brown lightly over med heat. Stir constantly so that nothing burns. (Thinner the slices the faster it cooks)

Add green peppers and tomatoe and cook until mixed in with other ingredients

Turn up heat to high & add cold 4 cups of Water. When boiling water add Beef Bouillon. Boil for about 5 minutes then turn heat to simmer (med-low).

After 1/2 hour, Add salt and pepper to taste. (Remember bouillon is very salty). If you like spicy add Chile peppers or Tabasco sauce.

While you wait for 1/2 hour you can make the egg noodles/ Csipetke.

In a bowl add the flour; make a hole in the middle for the mixed egg and pinch of salt.

Mix together to form hard dough. Roll out on a floured board as thinly as you can; Then with your floured fingers pinch small fingernail size bits out in a floured container. Add pieces minus flour directly into soup after 1/2 hr is up. Cook for another 15 minutes. Keep soup on simmer(the

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hotter the better)

Mix the 1/2 cup sour cream and 1/4 cup flour together and add to Goulash Just before serving. Stir to blend in. Texture of Goulash should be a cross between a stew and a soup.

Serve in bowl and sprinkle finely chopped parsley and put a dap of sour cream in the middle.

Have extra sour cream or Chile pepper/ Tabasco sauce handy on table

Serve with fresh warm baguette and butter. And a great RED WINE!!