

Székely Gulyás (serves 4)

400-500 gr (about 1 lb) pork shoulder diced into 2cm (1 inch) cubes
100gr fatty bacon (about 4 oz), cut into strips
1 large onion, diced
250 ml (1 cup) broth (beef, chicken or vegetable)
500 gr packet Sauerkraut cooked in wine, drained and squeezed dry
1 Tbsp sweet hungarian paprika
2 tsp hot hungarian paprika
1 1/2 tsp whole caraway seeds
2 Tbsp tomato paste
1-2 bay leaves
salt, pepper
sour cream for serving

Season the pork with salt and pepper and mix well. Taste the sauerkraut. If you think it is too sour for you, rinse with water and squeeze fairly dry.

Sauté the bacon in a large pot till the fat runs and the pieces are lightly browned. Remove the bacon from the pot. If the bacon has not rendered enough fat to fry the following ingredients, now is the time to add about 1/2 to 1 Tbsp of oil. Add the onions and sauté till glazed. Add the pork and brown on all sides. Return the bacon to the pot.

Sprinkle the two paprikas over the meat and mix to coat. Add the broth, sauerkraut, tomato paste, bay leaves and caraway seeds. Mix everything together, put on the lid and leave to braise on medium low heat for about 45 minutes. Stir now and again and add a little more broth if the gulyás looks too dry. Adjust the seasoning with salt and pepper. I skipped this step as I seasoned the pork before cooking.

Enjoy!

Nutrition Facts – per serving

(this calculation does not include any additional oil added to the bacon fat nor does it include the sour cream)

Total cal – 475.8 cal; Fat – 32.2 gr, Carbohydrates – 12.2 gr; Fibre – 5.1 gr; Protein – 34.1 gr