

DAVID CAMPBELL – Iota Gallery – Glasgow

David Campbell.

Iota Gallery

25 Hyndland street

Glasgow

6-21 of March 2015

opening time 10,00 – 17,00

saturday 10,00 – 13,00

sunday closed.

Goulash – the famous Hungarian dish.



Goulash is a soup or stew of meat and vegetables, seasoned with paprika and other spices. Originating from the medieval Kingdom of Hungary, goulash is also a popular meal in Central Europe, Scandinavia and Southern Europe.

Its origin traces back to the 9th century.

Recipe from www.budapestbylocals.com

600 g beef shin or shoulder, or any tender part of the beef cut into 2x2 cm cubes

2 tablespoons oil or lard

2 medium onions, chopped

2 cloves of garlic

1-2 carrots, diced

1 parsnip, diced

1-2 celery leaves

2 medium tomatoes, peeled and chopped, or 1 tbs. tomato paste

2 fresh green peppers

2-3 medium potatoes, sliced

1 tablespoon Hungarian paprika powder

1 teaspoon ground caraway seed

1 bay leaf

ground black pepper and salt according to taste
water

How to make it:

Heat up the oil or lard in a pot and braise the chopped onions in it until they get a nice golden brown colour.

Sprinkle the braised onions with paprika powder while stirring them to prevent the paprika from burning.

Add the beef cubes and sauté them till they turn white and get a bit of brownish colour as well.

The meat will probably let out its own juice, let the beef-cubes simmer in it while adding the grated or crushed and chopped garlic (grated garlic has stronger flavour), the ground caraway seeds, some salt and ground black pepper, the bay leaf, pour water enough to cover the content of the pan and let it simmer on low heat for a while.

When the meat is half-cooked (approx. in 1,5 hour, but it can take longer depending on the type and quality of the beef) add the diced carrots, parsnip and the potatoes, the celery leaf and some more salt if necessary (vegetables tend to call for

more salt). You'll probably have to add some more (2-3 cups) water too.

When the vegetables and the meat are almost done add the tomato cubes and the sliced green peppers. Let it cook on low heat for another few minutes. You can remove the lid of the pan if you want the soup to thicken.

Bring the soup to the boil and add the csipetke dough, it needs about 5 minutes to get cooked.

[video recipe with chef Luca Conreno. La Lanterna Restaurant – Glasgow](#)

Rigatoni pasta with fillet, italian sausage and porcini mushroom.