



## Austrian Beef Goulash with Spätzle

*The key to this 'Viennese gravy goulash' is to choose the right cut of beef from either the front shoulder or the rear end, which are usually used for stews. Austrians traditionally use cuts from the shank ('Wadschinken'), but if it is not easily available, you can use chuck (beef shoulder) or short rib as well.*

SCMS Kitchen Team

Prep Time: 30 minutes                      Serves: 6  
Cook Time: 180 minutes  
Total Time: 210 minutes

### Ingredients

- 1 kg boneless beef shank (or shoulder/chuck roast), diced into 4cm cubes
- 800 g brown onions, sliced thinly
- 2 cloves garlic, crushed
- 1/2 tbsp dried marjoram
- 1 tbsp ground caraway
- 1 tbsp (20 g) tomato paste
- 4 tbsp (30 g) sweet paprika
- 1 chilli, seeds removed
- 1/2 tbsp vinegar
- ½ litre beef stock
- 1 tsp salt
- 2 bay leaves (optional)
- vegetable oil



### Method

- 1) Heat 3 tablespoons oil in large pot over medium-high heat. Add the sliced onions and cook for 8-10 minutes over high heat, stirring steadily. Reduce heat to medium-low and cook until the onions are golden brown and soft, stirring often, about 15 minutes.
- 2) Add paprika powder and stir through, then immediately add vinegar and ½ litre of beef stock and simmer for 2-3 minutes then puree onions in the pot with a stick blender.
- 3) Add the meat, tomato paste, crushed garlic, caraway powder, marjoram, chilli, bay leaves (optional) and salt and bring to the boil. Cover with a lid and simmer over low heat for 3 hours. Salt to taste.
- 4) In theory, the goulash is ready now. However, it is best letting it cool overnight (in the fridge, lid on) and reheating the goulash the following day. This will enhance the flavour and texture.
- 5) If you want a thicker sauce, mix 1 tbsp of flour or corn starch with 2 tbsp of cold water and stir it through and simmer the warmed goulash for another 5 minutes.
- 6) Serve the goulash with a crunchy "Kaiser" roll or some Austrian-style pasta like "Spätzle" or "Nockerl", garnish with ½ of a sliced sweet and sour gherkin.

### Recipe Notes

**Goulash gets better with time.** Prepare the goulash one or two days in advance to enhance the flavours, to thicken the gravy, and tenderize the beef even further.

Reheat the goulash once a day, store it in the fridge in between. Add a little water to thin, if needed.

### **Spätzle – Ingredients (serves 6):**

- 4 large eggs
- 200 ml milk
- 500 g all-purpose flour
- 80g unsalted butter, softened
- ½ teaspoon salt
- 1 pinch of nutmeg
- 1 bunch of chives and parsley, finely chopped
- 1 brown onion
- 1 tablespoon vegetable oil



### **Method**

- 1) In a mixing bowl, whisk eggs and milk, then add butter, flour and salt and mix until you get a lump free, runny batter. Add the chopped herbs and fold into the batter. Let it rest for 20 minutes (to develop the gluten).
- 2) Meanwhile cut the onion in half lengthwise and slice it finely into even rings.
- 3) Heat oil and butter together in a big pan, add the sliced onion and cook over medium heat for about 10-15 minutes or until onions turn golden brown, stirring often. Place onions on kitchen paper.
- 4) Bring a large pot of salted water to a boil.
- 5) Carefully hold a Spätzle maker (or a colander/veggie grater with large holes) over the boiling water. Place about ½ cup of the batter on the Spätzle maker/colander and press it into the simmering water using a spatula or the back of a spoon.
- 6) Cook the spätzle for an additional 2 minutes until they all float on the surface, then drain. Rinse cooked Spätzle briefly in cold water, place in a warm casserole and add some vegetable oil or a knob of butter. Mix through and keep warm (in the oven).
- 7) Repeat until all of the batter has been used.
- 8) When ready to serve, scatter the caramelized onions over the spätzle.

### **Recipe Notes**

It helps to have a jug of cold water next to the cooking station to clean the spatula and help keep the spätzle maker unclogged.