Gulyásleves

HUNGARIAN

YIELD	ACTIVE	TOTAL	PER SERVING
2 generous portions	35 min	≈2 h 30 min	945 kcal · 677 mg Na · 69 g protein

EQUIPMENT
Dutch oven, 6 qt · Nokedli maker

#	INGREDIENT	MASS	VOLUME	PROCEDURE
GULYÁSLEVES				
1	Zsír (lard)	40 g	3 tbsp	Heat the zsír in the Dutch oven over medium heat. Add the onion and cook until glassy (üvegesre), 8–10 min. Don't let it brown; add a splash of water if it starts to color.
	Vöröshagyma (onion), *finely diced*	150 g	1 medium	
2	Fokhagyma (garlic), *minced*	6 g	2 gerezd (cloves)	Add the garlic and cook 1 min. Add the tomato and bell pepper and cook 2–3 min more.
	Paradicsom (tomato), *diced*	123 g	1 medium	
	Paprika (bell pepper), *diced*	74 g	1 small	
3	Marhahús (stew beef), *2 cm cubes*	500 g		Add the beef and stir to coat. Cook until the outside turns white-gray, 3–4 min. It should not brown.
4	Gulyáskrém (goulash paste)	16 g	1 tbsp	**Take the pot off the heat first**, because burnt paprika turns bitter. Stir in the gulyáskrém, sweet paprika and caraway until everything is coated.
	Édes paprika (sweet paprika)	10 g	1½ tbsp	
	Kömény (caraway), ground	1 g	½ tsp	
5	Víz (water)		≈1.5–2 L total	Return the pot to the heat. Add water to cover the meat by 3 cm, and add the bay leaf. Bring to a boil, then lower to a gentle simmer. Cover and cook until the meat is nearly tender, 1–1½ h, adding water as needed.
	Babérlevél (bay leaf)		1	
6	Sárgarépa (carrots), *sliced*	150 g		Add the carrots and cook 15 min. Add the potatoes and enough water to keep it soupy, not thick. Cook until the potatoes are almost tender, ≈15 min. Start the nokedli batter now.
	Burgonya (gold potatoes), *1.5 cm cubes*	300 g		
NOKEDLI, RIGHT IN THE SOUP				
7	Finomliszt (all-purpose flour)	100 g	¾ cup + 1 tbsp	Put the flour and salt in a bowl, make a well and crack in the egg. Mix with a fork, adding the water a little at a time, until the batter is thick but pourable. Make it right before cooking; it stiffens if it sits.
	Só (salt)		pinch	
	Tojás (egg)	50 g	1 large	
	Víz (water)	50–75 g	≈¼ cup	

#	INGREDIENT	MASS	VOLUME	PROCEDURE
8				Load the nokedli maker and press the batter directly into the simmering soup. Cook 3–4 min. The nokedli float when done; give them 30 s more.
9	Só (salt) + black pepper		to taste	Taste before adding salt. The gulyáskrém is very salty, so you may need less than you expect. Serve in deep bowls with crusty white bread.

NUTRITION	MASS	CALORIES	SODIUM MG	PROTEIN G
Zsír (lard)	40 g	361	—	—
Vöröshagyma (onion)	150 g	60	6	2
Fokhagyma (garlic)	6 g	9	1	0
Paradicsom (tomato)	123 g	22	6	1
Paprika (bell pepper)	74 g	19	3	1
Marhahús (stew beef)	500 g	640	400	109
Gulyáskrém (goulash paste)	16 g	20	736	0
Édes paprika (sweet paprika)	10 g	28	7	1
Kömény (caraway), ground	1 g	3	0	0
Sárgarépa (carrots)	150 g	62	104	1
Burgonya (gold potatoes)	300 g	231	18	6
Finomliszt (all-purpose flour)	100 g	364	2	10
Tojás (egg)	50 g	72	71	6
Total		**1,890**	**1,354**	**139**
Per serving (1/2)		**945**	**677**	**69**

Nutrition: USDA FoodData Central: SR Legacy (lard, onion, garlic, tomato, red bell pepper, chuck for stew, paprika, caraway, carrot, potato, flour, egg). Univer Gulyáskrém per Kifli.hu's listing: 122 kcal, 11.5 g salt (4,600 mg sodium), 2.2 g protein per 100 g; 1 tbsp taken as 16 g, the same as tomato paste. Salt to taste and water not counted.

ORIGINAL	ALTERNATIVES, BEST FIRST
Marhahús (stew beef)	**1** Freezer stew meat · **2** Freezer arm roast, cubed · **3** Freezer chuck roast, cubed
Gulyáskrém	**1** Univer tube, Eastern European shops or online · **2** ½ tbsp more sweet paprika, then salt to taste
Zsír (lard)	**1** Duck fat · **2** Neutral oil

NOTES

- Sour cream on the table is optional, for individual bowls rather than the pot. Some people add csípős (hot) paprika at the table for heat.