

Goulash with Rotzbäbbele and Spaetzle

Servings

4 people

Description

A rich, slowly braised goulash made with beef and pork, onions, red wine, stock and spices, served with buttered spaetzle.

Ingredients

500 g beef goulash meat
500 g pork goulash meat
300 g onions
1 clove garlic clove
3 tbsp olive oil or vegetable oil
2 tbsp tomato paste
250 ml dry red wine
750 ml vegetable stock or meat stock
2 pieces bay leaves
2 tsp sweet paprika powder
1 tsp dried marjoram
1 tsp sugar or honey
600 g fresh egg spaetzle
3 tbsp butter
0.5 bunch flat-leaf parsley
1 pinch salt
1 pinch black pepper
1 packet Brussels sprouts

Method

1. Measure all ingredients and prepare a large heavy Dutch oven or braising pot. Pat the beef and pork thoroughly dry with paper towels. Cut any very large pieces of meat into evenly sized, bite-sized cubes. Peel the onions, halve them and cut them into small cubes. Peel and finely chop the garlic or press it through a garlic press. Wash the parsley, shake it dry and finely chop the leaves.
2. Heat the oil in the Dutch oven over medium-high heat. Add the meat in batches so it sears rather than steaming in its own juices. Sear each batch well on all sides until deeply browned. Remove each batch of browned meat from the pot and place it on a plate.
3. Add the diced onions to the pot and fry them in the remaining fat for about five minutes. Add the garlic and cook for about 30 seconds. Add the tomato paste and cook it for about one minute while stirring constantly. Briefly stir in the paprika and marjoram. Do not cook the spices too long, as paprika can become bitter.
4. Return the browned meat and any accumulated juices to the pot. Pour in the red wine and scrape the browned bits from the bottom of the pot. Allow the red wine to reduce vigorously for approximately three minutes. Pour the stock into the pot and stir everything thoroughly. Add the bay leaves, sugar or honey, and a little salt and black pepper.
5. Bring the goulash to a strong boil. Reduce the heat to low and cover the pot with a

lid. Gently braise the goulash for approximately two hours. Stir the goulash about every 20 to 30 minutes while it braises. If too much liquid evaporates, add a little hot stock or water.

6. After two hours, check whether the meat is soft and tender. Remove the lid and simmer the goulash uncovered for another 20 to 30 minutes, until the sauce reaches the desired consistency.

7. Meanwhile, bring a large pot of salted water to a boil for the spaetzle. Cook the fresh spaetzle in the boiling water according to the package instructions. Drain the cooked spaetzle in a colander and allow them to drain well. Melt the butter in a large frying pan over medium heat. Add the drained spaetzle to the pan and toss them in the butter. Lightly fry the spaetzle for a few minutes until some areas become golden.

8. Mix the chopped parsley into the spaetzle and season with a little salt and pepper. Remove the bay leaves from the finished goulash. Season the finished goulash with salt, pepper, paprika and, if needed, a little sugar or honey.

9. Divide the buttered spaetzle between warmed plates. Arrange the hot goulash beside or over the spaetzle.