

Hungarian Goulash with Spaetzle

Serves 6

Hungarian Goulash

1/2 cup dried onion
1 TBS Sweet Paprika (*see note)
1 TBS Smoked Paprika
3 (12 oz.) cans roast beef (*see note)
1 (6 oz.) can tomato paste
1 1/4 tsp. salt
1/2 tsp. garlic powder
2 TBS cornstarch
1 can beef broth

German Spaetzle

4 eggs (8 TBS water mixed with 4 TBS egg powder)
1 cup milk (1 cup water mixed with 4 TBS dry milk)
4 TBS water
3 cups flour
1 tsp. baking powder
1 tsp. salt
dash of ground nutmeg, preferably fresh grated
10 cups water
1 1/2 tsp salt

Tools and Supplies

Pastry tip

Zester / grater

Pastry bag or Gallon sized freezer bag

Making the Goulash:

In a small bowl whisk together tomato paste and beef broth. Add paprika(s), salt and garlic powder, whisk until smooth and set aside. In another bowl rehydrate the dried onion with the broth from one can of roast beef. Drain the other two cans of roast beef, reserving the broth and setting aside. In a large bowl combine the drained roast beef, tomato mixture, rehydrated onions and fresh ground pepper. Transferring to a skillet, heat to a gentle boil. To the reserved beef broth whisk the cornstarch until smooth and add to the simmering sauce. Stir until thickened and then turn the heat to low and simmer for 20 minutes

Making Spaetzle:

In a large bowl, add the eggs (egg powder and water) and whisk for 2 minutes. Add milk (powdered milk and water) and additional 4 TBS water. Beat briskly again and stir in the flour, baking powder, salt and nutmeg until well combined.

In a large pot boil the water and add 1 1/2 tsp. salt. Once water is boiling drop 3/4 tsp. of dough in and check to see if it is light. If it isn't add 1-2 TBS water to the dough and mix well.

To make noodles use a pastry bag with a tip the size of a drinking straw (*see note). Put the dough in the bag and squeeze a stream of noodles into the boiling water, cutting the noodles to a length of 1 inch with kitchen shears as they drop into the water. Boil 6-7 minutes. Remove noodles with a slotted spoon and place in a strainer.