

CZECH CUISINE

Goulash / U Fleků / Recipe

Ingredients

10 large yellow onions
1.5 kg of beef - shank or neck
3 liters of beef broth
6 tablespoons of tomato puree
sunflower oil
1-2 liters of beer to baste the meat

Spices

4 tablespoons of marjoram
2 tablespoons of pepper
2-3 tablespoons of salt (to taste)
2 tablespoons of sweet paprika
4 cloves of garlic

Roux

1 large yellow onion
0.5 kg of plain flour
sunflower oil

White bread dumplings

1 kg of semi-coarse flour
200 g of yeast
200 g of bread roll
700 ml of milk
2 egg yolks
pinch of salt

Bacon dumplings

1 kg of bread roll
700 ml of milk
0.5 kg of coarse flour
6 eggs
1 tablespoon of mace
2x pinch of salt
1 teaspoon of pepper
3 tablespoons of dried lovage
250 g finely chopped smoked meats - ham, sausage, bacon, or smoked pork neck
1 large white onion
3 tablespoons of rendered pork lard

1.5 kg = 3.31 lbs
3 litres = 0.79 gal
1 liter = 2.11 pts
0.5 kg = 1.1 lbs

1 kg = 2.20 lbs
200 g = 0.44 lbs
700 ml = 1.48 pts
0.5 kg = 1.1 lbs
250 g = 0.55 lbs