



*Goulash is a traditional Hungarian dish, but it lends itself well to Greek cooking. Most traditional Greek dishes are made in a “katsarola” or pot, and goulash is no different. Slow-cooked in the oven, it makes a rich and decadent sauce that can be served over rice (as shown), pasta, or mashed potatoes.*

## **Goulash**

### *Ingredients*

2 tablespoons olive oil	1/2 cup diced tomato
2 shallots, chopped	1/4 cup flour
1 leek, thinly sliced	1/2 teaspoon smoked paprika
2 celery stalks, finely chopped	1 kg veal shanks
1 carrot, grated	1 tablespoon smoked paprika
1 cup mushrooms, quartered	2 cups beef stock
4 medium garlic cloves	1/4 cup tomato passata
4 stalks thyme leaves	1 tablespoon tomato paste
1 teaspoon Kosher salt	1 cup long-grain rice, cooked
1 cup diced red and yellow pepper	

### *Instructions*

Preheat your oven to 350°F.

Heat the oil in a large cast iron pot and cook the shallots, leek, celery, thyme, and carrots for 3 to 4 minutes. While the vegetables are cooking, mix together the flour with the 1/2 teaspoon smoked paprika. Coat the veal shanks in the flour mixture and add to the vegetables. Cook on high heat until browned on both sides. Add the chopped tomatoes and mushrooms and cook for two minutes. Season with the salt and 1 tablespoon smoked paprika and add in the peppers and stock. Stir in the passata and tomato paste and transfer into the preheated oven. Cover and cook for 2 hours until the meat is tender.

Serve over prepared rice. Serves 4 to 6 people.