

GUASTELLO'S VILLAGE MARKET

Ghastly Goulash

Ingredients:

2 lbs. stew beef, cut into 1 inch cubes
Coarse salt and freshly ground black pepper
2 tbl. all-purpose flour
¼ cup vegetable oil
1 medium onion, cut into ¼ inch dice
3 garlic cloves, minced
½ cup dry red wine
1 tbl. paprika
2 cans (28 oz. each) diced tomatoes
2 cups beef stock
2 tbl. tomato paste
2 sprigs fresh oregano, plus extra for garnish
2 carrots, peeled and cut into ¼ inch rounds
12 oz. Yukon gold potatoes, peeled and cut into 1 inch chunks
4 oz. thick bacon, cut into ¼ inch pieces
10 oz. small white mushrooms (quartered if large)
1 box (10 oz.) frozen pearl onions, thawed and drained
1 red or green bell pepper, coarsely chopped
Buttered egg noodles for serving

Toss beef with salt, pepper, and flour in a medium bowl. Heat 2 tbl. oil in a large stockpot or Dutch oven over medium-high heat until hot. Brown half of beef on all sides, 4 to 6 minutes total. Transfer beef to a plate with a slotted spoon. Repeat with remaining beef and 2 tbl. oil.

Add onion to fat in pot; cook, stirring occasionally, until just tender, about 3 minutes. Stir in garlic; cook 1 minute. Add wine; cook, stirring up brown bits, until most liquid has evaporated, about 2 minutes.

Return beef to pot. Stir in paprika, tomatoes, stock, tomato paste, and oregano. Season with salt and pepper. Cover; reduce heat. Gently simmer until meat is just tender, about 1 ½ hours.

Stir in carrots and potatoes; continue to simmer until vegetables and meat are very tender, 20 to 30 minutes.

Meanwhile, cook bacon in a dry large skillet over medium heat until crisp, about 5 minutes. Transfer to paper towels to drain. Add mushrooms, pearl onions, and bell pepper to fat in skillet; cook until vegetables are tender and golden brown, and liquid has mostly evaporated. Add to goulash.

Season goulash with salt and pepper, if necessary. Garnish with bacon pieces and oregano. Serve with buttered egg noodles.

Cook's Note: The best thing about this goulash is it can be made a day or two in advance. Just heat up and serve when ready.

Credit: Martha Stewart Living