

# BEEF GOULASH WITH PARISIAN GNOCCHI RECIPE

## Beef Goulash

### INGREDIENTS

4 tbsp olive oil  
700g stewing steak, cut into chunks  
30g plain flour  
1 large onion, thinly sliced  
2 garlic cloves, finely chopped  
1 green pepper, deseeded and thinly sliced  
1 red pepper, deseeded and thinly sliced  
2 tbsp tomato purée  
2 tbsp paprika  
2 large tomatoes, diced  
75ml dry white wine  
300ml beef stock  
2 tbsp flat-leaf parsley leaves  
150ml soured cream

### METHOD

01. Heat oven to 160C/140C fan/gas 3.
02. Heat 1 tbsp olive oil in a flameproof casserole dish or heavy-based saucepan. Sprinkle 700g stewing steak chunks with 30g plain flour and brown well in three batches, adding an extra 1 tbsp oil for each batch. Set the browned meat aside.
03. Add in the remaining 1 tbsp oil to the casserole dish, followed by 1 large thinly sliced onion, 2 finely chopped garlic cloves, 1 green pepper and 1 red pepper, both finely sliced. Fry until softened, around 5-10 mins.
04. Return the beef to the pan with 2 tbsp tomato purée and 2 tbsp paprika. Cook, stirring, for 2 mins.
05. Add in 2 large diced tomatoes, 75ml dry white wine and 300ml beef stock. Cover and bake in the oven for 1 hr 30 mins - 2 hrs. Alternatively, cover and cook it on the hob on a gentle heat for about an hour, removing the lid after 45 mins.
06. Sprinkle over 2 tbsp flat-leaf parsley leaves and season well with salt and freshly ground pepper. Stir in 150ml soured cream and serve.



# BEEF GOULASH WITH PARISIAN GNOCCHI

## Parisian Gnocchi

### INGREDIENTS

1 cup (8 ounces) water  
8 tablespoons (1 stick, 4 ounces) unsalted butter  
3/4 teaspoon (about 0.15 ounces) kosher salt  
1 1/4 cups (6.25 ounces) all-purpose flour  
1 tablespoon Dijon mustard  
1/2 cup (about 1 ounce) freshly grated

Parmesan cheese  
3 large eggs  
2 tablespoons chopped fresh parsley leaves  
2 tablespoons finely sliced chives  
Olive oil

### METHOD

01. Bring water, butter, and salt to a boil in a medium saucepan over high heat. Add flour all at once and stir with a wooden spoon until a smooth dough forms. Reduce heat to medium-low and continue to stir, beating dough forcefully and rapidly to prevent it from sticking to the pot. Continue cooking until dough pulls away from sides of pot leaving a thin layer and steams slightly.
02. To Finish with Stand Mixer: Transfer hot dough to the bowl of a stand mixer fitted with a paddle attachment. Add mustard and cheese and beat on medium-low speed. Add eggs one at a time, allowing dough to fully incorporate egg before adding the next one. When final egg has been added, add herbs and beat to combine. Transfer mixture to a pastry bag fitted with a 1/2-inch tip.
03. Let mixture rest 15 to 25 minutes at room temperature. Meanwhile, bring a large pot of salted water to a simmer and have a rimmed baking sheet. If using a zipper-lock bag, cut off a 1/2-inch opening in one corner. Holding the bag over the boiling water, squeeze the mixture out of the bag, cutting it off with a paring knife into 1-inch lengths and letting them fall directly into the simmering water. Continue cutting off as many as you can in one minute, then stop.
04. When all gnocchi have floated to the top, continue cooking until gnocchi are fully cooked to the centre, about 3 minutes longer. Lift gnocchi with a fine mesh strainer or a metal spider and transfer to rimmed baking sheet. Drizzle with a little bit of olive oil and toss to coat. Repeat with remaining dough.