

Austrian Goulash

3 tbsp oil
2.5 lb braising steak or casserole stewing beef cut into cubes
2 large onions sliced
2 garlic cloves crushed
2 tbsp paprika
3 tbsp tomato puree
2 tbsp wine vinegar (red or white)
1 tsp mixed herbs
1 lb can tomatoes
1 ½ cups beef stock
2 large red bell peppers, cut into rings
8 oz carton sour cream

Preheat the oven to 325 F. Heat 2 Tbs of the oil in a large flameproof casserole until very hot. Brown the meat in batches, then set aside.

Add the remaining oil, onions and garlic. Cook on a low heat for 10 minutes, stirring occasionally. Add the meat and juices and blend in the paprika, tomato puree, vinegar and herbs.

Pour in the tomatoes and break up if necessary. Add the stock, season and bring to the boil. Stir, cover and put in the oven for 2 1/2 hours. Halfway through, add the red peppers and stir.

Serve with big dollops of sour cream.

Serves 4 to 6