



# Total Locals Club

Recipes for pairing with Total Locals  
Club January 2011 Selections

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707. 857.4900

## Beef Goulash with Dumplings

Pair with Praxis Lagrein  
Serves 4-6

### Goulash

- 2 Tbsp extra virgin olive oil
- 4 cups onions, thinly sliced
- 1 Tbsp sugar
- 3 garlic cloves, minced
- 1 Tbsp caraway seeds, toasted and ground
- 1 1/2 tablespoons sweet Hungarian paprika
- 1 teaspoon spicy Hungarian paprika
- 2 Tbsp minced fresh marjoram leaves
- 1 teaspoon minced fresh thyme leaves
- 1 bay leaf
- 3 Tbsp tomato paste
- 2 Tbsp balsamic vinegar
- 4 cups chicken stock
- 2 1/2 pounds chuck roast, cut into 2-inch cubes (remove excess fat)

### Dumplings

- 2 cups cake flour
- 2 teaspoons baking powder
- 1 teaspoon salt
- 3/4 cup milk
- 2 Tbsp melted butter

### Directions

In a large covered sauté pan, heat the olive oil and sauté the onions and sugar until caramelized. Add the garlic and caraway seed. Cook another minute. Add the sweet and spicy paprika, marjoram, thyme and bay leaf. Sauté another minute, until fragrant. Add the tomato paste. Deglaze with the vinegar and the stock and add the pieces of beef, salt and pepper. Bring to a boil, then lower to a simmer. Cover and cook until very tender, about 1 1/2 hours, stirring occasionally. Taste and adjust seasoning with salt and pepper.

To prepare the dumplings, sift together the cake flour, baking powder and salt. Combine with the milk and melted butter, mixing lightly. After the stew has cooked until tender in step 3, drop the dumpling batter by (heaping) teaspoonfuls into the simmering stew. Cover and cook for 15 minutes. Once you have covered the pan, do not uncover while the dumplings are cooking! In order for them to be light and fluffy, they must steam. If you uncover the pan, the steam will escape and the dumplings will boil instead. After 15 minutes, test the dumplings with a toothpick. If the toothpick comes out clean, the dumplings are done.