

*These recipes are from the Nebl Family Recipe Book and were shared with us by Mary Rose Barron. Chicken Goulash was the first meal Mary Rose made for her husband. He says it's even better the next day.*

## **Gulyas**

### **Hungarian Goulash – Chicken or Beef**

3 onions, quartered  
2 Tbl chicken fat or oil  
2 Tbl Hungarian sweet Paprika<sup>1</sup>  
1 large chicken, cut up  
2 or 3 fresh or frozen green and/or red peppers<sup>2</sup>  
1 quart home canned tomato juice or fresh tomatoes or stewed-canned tomatoes<sup>3</sup>  
salt and pepper to taste

#### *Knadles:*

2 eggs  
3 cups flour  
1/4 tsp salt  
water

In a heavy pan, dutch oven or deep skillet, sauté onions in fat until translucent. Stir in paprika. Add chicken, salt and pepper. I add about 1 cup water and stew for half an hour. Then add tomato juice and green peppers. Continue to simmer for about 1-1/2 hours. This dish is even tastier made one day ahead of serving day.

Goulash is served with potatoes added to the stew, Kluski noodles or a dumpling which we call Knadles.

Knadles: Mix all ingredients together. Add water till you have a glob of dough. It should be softer than noodle dough. Drop by teaspoonful into boiling water. When they rise to the top, these little dumplings are done.

Beef Goulash is made in the same way as chicken except that at the end of the stewing, we thicken the sauce with flour, vinegar and water. In the German language, Beef Goulash is called “Souris Fleisch” (meaning Sour Meat).

Both Chicken and Beef Goulash can be garnished with sour cream at time of serving.

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<sup>1</sup> I use more, probably 4 heaping Tbl of Paprika.

<sup>2</sup> I use peppers with a medium sharpness; Beaver Dam should be perfect.

<sup>3</sup> I use plain Tomato Sauce or Crushed Tomatoes.

### **Apatiner Fish Goulash<sup>4</sup>**

4-5 lbs fish, preferably carp, cut into 2" chunks, including carp head with gills removed

1 large onion, about 2-1/2"

1 large potato, about 4"

1 heaping Tbl salt

2 Tbl vinegar

2 Tbl Hungarian paprika

1 cup sutrash or salsa (canned chopped peppers, onions and tomato juice)

3 oz tomato paste

Put fish in kettle with enough water to cover the fish by 1/2-3/4". Add all ingredients except paprika.

Wait till water starts to boil, then add the paprika. Let boil for 1/2 hour, spinning pot at intervals throughout the cooking period to prevent burning. Serve with Kluski noodles, boiled separately while fish are cooking.

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<sup>4</sup> I have neer liked Fish Goulash. My Uncle Joe Graff loved it!