

ITALIAN GOULASH DI MANZO



INGREDIENTS

- 2 pounds beef top sirloin -- 3/4" thick diced
- 1 each large yellow onion -- julienned
- 2 cloves garlic
- 2 tablespoons hungarian paprika
- 3 ounces tomato paste
- 1 cup red wine
- 1 tablespoon balsamic vinegar
- 1 teaspoon caraway seeds -- toasted and ground
- 2 cups chicken stock
- 1 tablespoon marjoram -- fresh

CARD 1 OF 2

ITALIAN GOULASH DI MANZO (cont.)



DIRECTIONS

Trim the meat and cut into small pieces. In a heavy bottom pan over high heat brown the meat on all sides. Add the onions and continue cooking until the onions begin to caramelize. Add the chopped garlic and continue cooking until the garlic starts to color and is aromatic. Turn heat down to medium low and add the paprika. Cook 4 to 5 minutes; add the tomato paste. Stir well and cook for another 3 to 5 minutes, add the red wine, balsamic vinegar, and simmer until it starts to thicken. Next add the chicken stock, caraway, and simmer on low heat. Finally add the marjoram and simmer on low until the meat is very tender.

Serve with creamy polenta.

CARD 2 OF 2