



## BEEF GOULASH WITH FRIED BREAD DUMPLINGS



### MAIN DISHES

#### *Beef goulash with fried bread dumplings*

*There's only one thing that helps lift melancholy and the blues: meals prepared with love that make your life easier again.*

#### Bread dumplings:

Tear the buns into four pieces each and put them into the mixing container, mix at level 3 for 25 sec.

Place the shredded bread into a bowl.

Tear the parsley from the stem, peel and halve the onion, put them into the mixing container and mix at level 3 for 15 sec.

Use a spatula to distribute the mixture across the bottom of the mixing container and add 2 tbsp. oil and 1 tbsp. butter.

Set the timer to 3 min., cooking level 120 °C.

Add the milk and set the timer to 2 min., cooking level 70 °C.

Add the spices, bread crumbs and eggs to the milk; mix 2 min. at level 1.

Grease the steaming bowl with some butter.

Wet your hands, then form two rolls from the bread dumpling dough (ø 5 – 6 cm); place the rolls in the steaming bowl.

#### Goulash:

Beef for goulash is usually cut into large, rectangular chunks; if necessary, halve them.

The pieces of meat should measure approx. 2 cm in width.

Put the goulash meat into a bowl, season it with salt, pepper and paprika, then coat it with the flour. In a pan that is large enough, sear the meat. If you don't have the right sized pan handy, sear the meat in two portions.

Peel and halve the onion, clean and core the pepper and cut it into strips. Peel the garlic. Put it into the mixing container with 2 tbsp. olive oil and mix at level 3 for 20 sec.

Use a spatula to distribute the mixture across the bottom of the mixing container.

Set the timer to 3 min., cooking level 120° C and remove the goulash from the pan.

Heat the tomato paste in the goulash drippings, deglaze the pan with red wine and cook down the liquid. Add the goulash, the reduced red wine mixture and

#### For the bread dumplings:

240 g bread buns

Half a bunch of parsley

2 onions

2 tbsp. oil

1 tbsp. butter

150 ml milk

½ tsp. ground mace

½ tsp. salt

Black pepper

3 eggs

½ tbsp. butter (to grease the bowl)

#### For the goulash:

650 g beef (cut for goulash)

Salt

Pepper

½ tsp. sweet paprika powder

2–3 tbsp. flour	the broth to the sautéed vegetables in the mixing container and set the timer to 40 min., cooking level 100° C.
1 onion	Place the adapter into position. Insert the steaming bowl with the dumpling dough rolls and close the steamer. After 40 min., remove the steamer and
Half a red pepper	insert the transparent lid insert, set the timer to 15 min, cooking level 70° C and cook the goulash.
2 garlic cloves	Allow the bread dumpling rolls to cool briefly and cut them into slices that are approx. 2 cm thick.
2 tbsp. olive oil	Heat the butter in a pan and fry the bread dumpling slices at medium heat until crisp.
½ tsp. tomato paste	The goulash and the bread dumplings will be ready at the same time.
300 ml red wine	Pour the goulash into a soup plate. Place the crisp bread dumpling slices on top and garnish with 1 tbsp. balsamic cherries.
250 ml beef or vegetable stock	

Preparation time: **25 min**

Cooking time: **55 min**