



Pork Goulash with Potato Dumplings



Prep



Cook



Set table



Serve

Recipe from 'Omnivore' by Jim Brisby and Simon Woods published by Cranswick PLC 2025.

You will practise:



chopping



frying



tasting safely



Meal information

Chop & Change



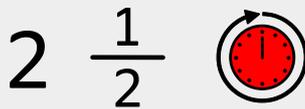
Preparation time



15 minutes



Cooking time



2 1/2 hours



Serves



6 people



Nutrition

in



each serving:



Calories
(kcal)

667



Protein
(g)

54.4



Carbohydrate
(g)

59



Fat
(g)

25.3



Fibre
(g)

7



Ingredient List

Chop & Change



For the
goulash:



2 tablespoons
beef dripping



600g diced
pork shoulder



1 peeled and
sliced white
onion



2 sliced red
peppers



3 garlic cloves,
peeled and
finely chopped



1 tablespoon
sweet paprika



4 tablespoons
tomato puree



1 tablespoons
plain flour



600ml beef
stock



For the potato
dumplings:



335g Maris
Piper potatoes



1 small egg



110g plain flour



1 1/2
tablespoon
potato starch



1/4 teaspoon
ground nutmeg



sea salt



4 tablespoons
sour cream

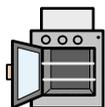


10g thinly
sliced chives



Equipment List

Chop & Change



oven



hob



knife



spoon



measuring jug



chopping
board



colander



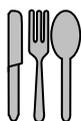
sieve



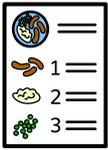
2 large pans



plate



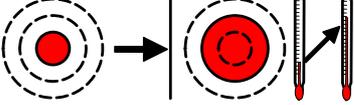
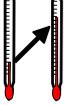
cutlery



Method for the Goulash

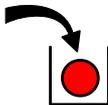
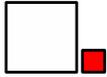
Chop & Change

1. Place a large pan on a low to medium heat.
 



2. Add the beef dripping and melt for 5 minutes.
 



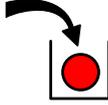
3. Brown the diced pork in small batches.
 

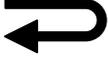
4. Set aside the browned pork.
 

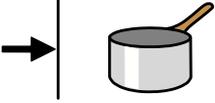

5. Sweat the onion and add a pinch of sea salt in the pan.
 



6. When the onion is softened, return the pork to the pan.
 

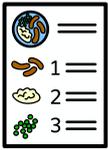

7. Add the peppers, pork, garlic and sweet paprika.
 





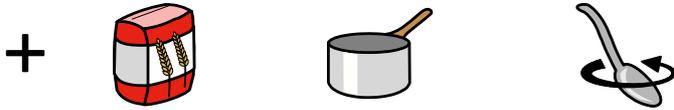
8. Add the caraway seeds and tomato puree.
 


9. Sweat for 5 minutes.
 

Method for the Goulash

Chop & Change



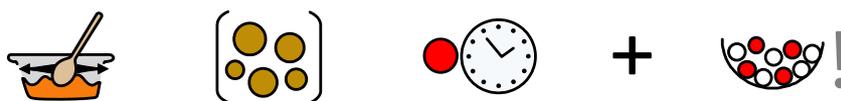
10. Add the flour to the pan and stir well.



11. Cook for a further 5 minutes.



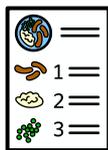
12. Add the beef stock in 3 batches.



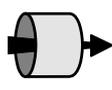
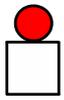
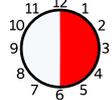
13. Mix each batch fully before adding more.

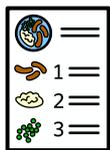


14. Let the goulash simmer with the lid on for 2 hours.

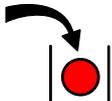


Method for the Potato Dumplings

1.  Peel  the potatoes.
2.  Place them  in  a pan  of water.
3.  Bring the potatoes  to a boil.
4.  Simmer  until  the potatoes  are cooked.
5.  Strain  and let the steam  dry  for  15 minutes.
6.  Pass the potatoes  through  a sieve  until  they are a smooth puree.
7.  Add  the egg,  plain flour,  potato starch,  nutmeg  and  sea salt.
8.  Mix well  and  shape  into  6 even sized  balls.
9.  Place on top  of  the goulash  for  the last 30 minutes  of  simmering.



To Serve

1.  Spoon  the goulash  into  bowls  with  a dumpling on top.

2.  Top  with  sour cream  and  a sprinkle  of  chopped  chives.