

Beef Goulash

Preparation time: 20 minutes, Cooking time: 1 hour 45 minutes

Serves: 4

Ingredients:

2 tbsp olive oil
2 tbsp tomato puree

700g stewing steak (or brisket) cut into chunks

1 tbsp paprika (try smoked paprika if you like)

30g plain flour

2 large tomatoes, diced or 1 tin chopped tomatoes*

1 large onion, thinly sliced

75ml dry white wine

1 clove garlic, finely chopped

300ml beef stock, homemade or shop-bought*

1 green pepper, deseeded and thinly sliced *

2 tbsp flat leaf parsley, chopped*

1 red pepper, deseeded and thinly sliced (if preferred use just 1 pepper and add 4 mushrooms, sliced)

Salt and black pepper

150ml sour cream

* These items can be bought frozen or ready prepared

Method:

1. Preheat the oven to 170C/gas mark 3.
2. Heat 1 tablespoon of olive oil in a casserole dish or heavy-based saucepan. Toss the steak in the flour then brown well, in batches, in the hot casserole dish. Set the browned meat aside.
3. Add in the remaining olive oil. Add the onion, garlic and peppers to the casserole dish and fry until softened - around 5 minutes (take care if adding frozen or wet vegetables).
4. Return the beef to the pan with the tomato purée and paprika. Cook, stirring, for 2 minutes. Add in the tomatoes, white wine and beef stock. Cover and bake in the oven for 1 hour 30 minutes. Alternatively, cover and cook it on the hob on a gentle heat for about an hour, removing the lid after 45 minutes. Could also be cooked in a slow cooker for 8 hours on low or 4 hours on high but may need 50 - 10mls less stock.
5. Sprinkle over the parsley and season well with salt and freshly ground pepper. Stir in the sour cream and serve. Goes very well with mashed or jacket potato or rice and green vegetables.

“ This recipe uses the slow cooking of beef to make a soft and manageable texture for people with EB who may struggle to chew or swallow meats. The addition of beef as slow cooked or minced in this way can introduce a huge portion of protein and a significant amount of iron. The iron from red meat such as beef is called haem-iron and is a little easier for the body to use. Iron from non-haem plant sources is also important in greater quantities. Try having something rich in vitamin C (fruits, vegetables, etc) at the same time as iron rich foods as this can help your body absorb and use the iron better.”

