

What to prepare before class?

2. Szegedin Goulash with Bread Dumplings

Szegedin Goulash

4 servings

Ingredients:

1 LB of pork shoulder (boneless)

Salt and pepper

4 TBSP of lard (or frying oil) - adjust if needed

2 medium onions - peeled and finely chopped

½ LB sauerkraut – drain the liquid

4 TSP of paprika

¼ cup of all-purpose flour

4 cups of beef broth (store-bought or recipe [here](#))

2 bay leaves

1 TSP of whole caraway seeds

3 cloves of garlic - peeled and grated

1 cup of heavy cream

½ TSP of salt *

½ TSP of ground pepper

Final touch:

Sour cream

*Assumes that you are working with a sodium free broth (a broth with no salt added). If you are working with a broth which includes sodium, adjust the amount of salt based on your preference.

Tools:

Chef's Knife & Cutting Board

Measuring Spoons & Measuring Cups

Large Sauce Pan or Medium Pot (about 6 QT)

Wooden Spoon or High-Temperature Silicone Spatula

Small Hand Grater or Garlic Press (for garlic)

Additional Preparation steps:

No additional preparation steps needed.

Side Dumpling

2 regular dumplings or a few more shorter ones, - about 15 – 20 slices (4 servings)

Ingredients:

2 cups of white bread *

¼ cup of milk

2 cups of bread flour (or all-purpose flour)

1 TSP of confectioners' sugar

2 TSP of active dry yeasts

1 TSP of salt

1 large egg

¾ cup of lukewarm milk - about 90 to 100°F

1 TSP of oil (any kind) - adjust if needed

* Best is to use old bread (even a hard one). This will help you to prevent food waste and goes hand-in-hand with reaching better results.

Tools:

Measuring Spoons & Measuring Cups

Chef's Knife & Cutting Board

Medium Mixing Bowl (about 3 - 4 QT)

Silicone Spatula

Kitchen Mixer with Hook Attachment or Large Mixing Bowl

Whisk

Plastic Wrap

Bowl Scraper or Silicone Spatula

Kitchen Towel

Large Brazier Pot or Large Sauce Pot (at least 8 QT or preferably 12 QT) *

Skimmer or 2 Regular Turners

Food Thermometer

Fork

Silicone Brush

* (If you do not have a pot of that size, use the biggest one you can find, and split the dough into 2 or more shorter ones).

Additional Preparation steps:

In addition to preparing the ingredients and tools listed above, please perform the following preparation steps before taking the class:

About 3 – 4 hours before class:

1. **Bread:**

- 1.1. Cut bread into dices (about ½ - 1" big) and place into a medium mixing bowl (measure about 2 cups of diced bread or use even more -- up to 3 cups).

1.2. Add:

¼ cup of milk

Fold together using a spatula.

1.3. Place aside for a later step.

2. **Dumpling dough:**

2.1. Place into a kitchen mixer with hook attachment:

2 cups of flour

1 TSP of confectioners' sugar

2 TSP of active dry yeasts

1 TSP of salt

Briefly stir with a whisk just enough to combine all ingredients (about 1 minute).

2.2. Add:

1 large egg

¾ cup of lukewarm milk

Knead on low speed until all ingredients are partially incorporated (about 1 - 2 minutes).

2.3. Increase the speed to medium-high and knead until the dough is formed (about 1 - 2 minutes).

2.4. Then add:

Bread soaked in milk (from step 1 including excess liquid)

Knead on a slow speed until nicely combined (about 1 minute).

3. **Rising the dough:**

3.1. Remove the bowl from the mixer and cover with plastic wrap (make some holes to let the dough breathe).

3.2. Let it raise in a warm place until it has doubled in size (about 2 - 3 hours).

Please let me know if you have any questions: tom@cookinghub.com