



Recipes:

2. Czech Goulash with Dumplings 2025

Czech Beef Goulash

4 servings

Ingredients:

1 LB of bottom sirloin flap (or any other kind of beef meat suitable for stewing)

Salt and pepper

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

2 medium onions - peeled and finely chopped

2 TBSP of paprika

¼ cup of All-Purpose flour

4 cups of beef broth

½ cup of tomato paste

3 cloves of garlic - peeled and grated

1 TBSP of dried marjoram (or 2 TBSP of fresh, chopped)

1 TSP of ground caraway (or cumin)

½ TSP of salt *

½ TSP of ground pepper

*Assuming that you are working with a sodium-free broth (a broth with no salt added). If you are working with a broth that 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)

Directions:

1. Meat preparation:

- 1.1. Ensure that the meat is properly rinsed under cold water and the unwanted parts are removed.



- 1.2. Cut the meat into medium cubes (preferably 1" cubes) and place them on a plate.
- 1.3. Generously salt and pepper. Set aside for a later step.

Tip: If you want your meat to be even more tender and falling a part in your mouth, let the meat prepared in this step to rest up to 1 hour before using in later steps. Make sure that your room temperature is lower than 72°F, that the meat is covered with food wrap, and that you are using fresh high-quality meat. Disclaimer: Failure of some of the aforementioned steps may increase the chance of food poisoning.

2. Sauté:

- 2.1. Preheat a medium pot on medium-high heat with **4 TBSP** of frying oil and add:

2 medium onions - finely chopped

Sauté with occasional stirring until glossy (about 3 - 4 minutes).

- 2.2. Add:

2 TBSP of paprika

Sauté with constant stirring (about 1 minute).

- 2.3. Add:

Meat from the previous step

Sear the meat with constant stirring until it gets a light-seared color (about 1 - 2 minutes).

- 2.4. Then, dust with:

¼ cup of All-Purpose flour

Thoroughly stir together until nicely combined.

3. Stew:

- 3.1. Add:

4 cups of beef broth



½ cup of tomato paste
3 cloves of garlic - grated
1 TBSP of dried marjoram
1 TSP of ground caraway
½ TSP of salt
½ TSP of ground pepper

Thoroughly stir, and cover with a lid. Bring to a simmer (about 195°F) with occasional stirring.

- 3.2. Lower the heat to medium and cook for about 30 minutes with occasional stirring.
- 3.3. Remove the lid and cook with occasional stirring until it thickens (for at least 15 minutes or longer if needed).

Important:

- It is important to cook goulash for at least 15 minutes in this step. In this step, the meat will become even more tender.
- Optionally, add water during stewing to dilute the sauce (if the sauce is thickening too much). No need to add more broth because the flavor is already included in the goulash.
- If time allows, you can extend the cooking time in this step for up to 1 hour and 30 minutes. This will ensure that the meat is super tender and will provide a very rich but well-balanced flavor. If you decide to extend the cooking time in this step, you need to make sure to dilute the goulash as needed.

Tip:

- If you would like to have your sauce thicker, extend the cooking time for a few minutes until you reach the desired thickness.

- 3.4. Taste and add salt and pepper if needed.
4. Serve topped with slices of raw (or sauteed) onion and with a a side of dumplings, pasta of any kind, or bread.



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 don't have a pot of that size, use the biggest one you can find and split the dough into 2 or more shorter ones).



Directions:

Already prepared:

1. Bread:

1.1. Cut bread into dice (about ½ - 1”) 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:

¾ 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 at a slow speed until nicely combined (about 1 minute).

3. Rising the dough:

- 3.1. Remove the bowl from the mixer and cover it with plastic wrap (make some holes to let the dough breathe).
- 3.2. Let it rise in a warm place until it has doubled in size (about 2 - 3 hours).

Start here:

4. Shaping:

- 4.1. Split the dough into 2 or more parts based on your preference and also the diameter of your pot (future dumplings). Shorter dumplings will be easier to cook and manipulate.
- 4.2. On a lightly floured surface, form each piece into each dumpling by rolling with your hands. The thickness of the dumpling is up to you. However, I would recommend a diameter of about 2 ½" (the dumpling will significantly expand during cooking).
- 4.3. Place the shaped dumpling on a lightly floured cutting board, lightly flour the top of the dumpling, and let rest for about 15 -30 minutes while covered with a dish towel.

Note: Extending the rising time may result in over-proofed dumplings that can complicate the cooking process (dumplings may not hold together well)

5. Cooking:

- 5.1. Meanwhile, fill a large pot with water to ½ capacity, cover with a lid, and bring to a boil on high heat.
- 5.2. Carefully slip the dumplings down into the boiling water, cover with a lid, and cook until fully cooked. The internal temperature should be at least 165°F (about 6 - 9 minutes from each side – depending on the thickness and density of the dumplings). Turn the dumpling carefully using two forks, with a large turner or any other method.
- 5.3. Carefully remove the cooked dumplings from the water using a skimmer or two large turners.
- 5.4. Then, penetrate each dumpling in several places with a fork and brush with **1 TSP** of oil to prevent it from drying out.
- 5.5. Let them rest for about 5 minutes (or until fully cooled). Serve sliced with the sauce of your choice.

Tips:

- Do you want to make the dumpling process a little easier? Make 2 or 3 short dumplings instead of one long dumpling. It will be easier to manipulate them in the pot.
 - If you have already prepared your dumpling ahead of time, it is easiest to reheat individual slices in the microwave at the time of serving; or you can use any steam pot. Either way, they will quickly become warm and steamy.
 - You can also freeze your dumplings (whole or sliced) for later use (they stay great in the freezer for up to a half year. It is best to slice the dumpling before freezing for faster defrosting.
-

Disclaimer:

All steps in this recipe are just suggestions, and the author and/or publisher of this recipe is not responsible for the following:

- outcome of preparation
- any health risk related to the incorrect handling of food and/or not following USDA recommendations, such as but not limited to, following the minimum safe serving temperatures
- provide health and dietary advice to readers
- safety during preparation, including incorrect handling of equipment and the equipment's suitability for food preparation, improper cooking techniques, sourcing of ingredients, and anything related to the preparation and consumption of the products of this recipe

All readers are responsible for evaluating if the recipe and its' ingredients and steps fit with their dietary restrictions and can adjust accordingly.