



# Wiener Saftgulasch

## *Ingredients (serves 4)*

800 g beef shank, 700 g onion, 2 garlic cloves, 3 tbsp sunflower oil, 1 tbsp tomato puree, 2 tbsp apple vinegar, 3 tsp sweet paprika powder, 1 tsp crushed caraway seeds, 2 tsp marjoram, 2 tsp salt, 1 tsp black pepper, 1 tsp sugar, 2 L water

## *How to*

First, wash and pat-dry the meat, cut into chunks slightly bigger than walnuts. Peel and chop the onions and garlic.

Heat the oil on medium heat, then roast the onions and garlic until the onions soften and get a nice golden colour. Then add the meat, stir, cover. After about 10 minutes the meat will have released its juice, then uncover.

Mix all the other ingredients but use only 1/2 L water. Add that to the pot, stir well.

Cook on low heat (don't let it boil!), optimally try to keep the temperature of the stew at 70, at most 80 degrees Celsius. Occasionally add some water and stir, taking care to keep the stew thick.

After about 2.5 hours time the stew will be dark brown and creamy, and the meat will be soft. Serve with boiled or mashed potatoes. Bread dumplings, noodles or Spätzle also go well with this stew.