


Chef to Chef

## Creamy veal goulash cooked under pressure

Traditional dish cooked under pressure

At the request of many readers, we would like to provide the process for preparing creamy veal goulash here. In principle the recipe is the same as for beef or veal ragout.




Our ELRO cooking programmes are also very well suited for this recipe. Only the temperatures and cooking times have to be adjusted, and presto – you have a new cooking programme adapted to your needs.

Brown the meat in a pre-heated ELRO pressure bratt pan , then remove meat, season and set aside. The temperature depends on the quantity to be browned, in this case 210°C.

Sautee onions and garlic in the ELRO pressure bratt pan, add tomato paste, season with paprika and deglaze with white wine. Reduce temperature to 170°C for this step.

*Personal tip:*

*I puree this mixture with a hand blender, add it to the meat, and then sauté the meat in the onion-garlic-paprika puree before adding the meat stock.*

After everything is sautéed, close the lid, select the pressure cooking mode  and set the cooking time  (20 min.). Start . Close the safety valve.

When the cooking time has elapsed, confirm the end signal. Open the safety valve first, and then the lid. If the meat is tender, bring to a boil again and mix in the sauce.

Season to taste and add heavy cream and sour cream.

Our Bohemian dumplings are the perfect side dish.

Wishing you successful cooking and eating enjoyment!

Cordially,

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