

Oven-Braised Hungarian Pork Goulash



Ingredients

2 Tbsp / 30 mL canola oil, divided
1 pork shoulder blade roast, boneless, about 3 lb / 1.5 kg, cut into 1-inch / 2.5 cm cubes
1 Tbsp / 15 mL butter
3 large yellow onions, thinly sliced
2 cups / 500 mL sliced white mushrooms
½ cup / 125 mL water or white wine
2 cups / 500 mL canned diced tomatoes, undrained
2 Tbsp / 30 mL paprika
1 tsp / 5 mL salt
½-¾ tsp / 2-4 mL ground black pepper
½ tsp / 2 mL caraway seeds
Hot cooked egg noodles for serving
Sour cream for garnish (optional)

Directions

1. Preheat oven to 325°F.
2. In ovenproof Dutch oven, heat 1 Tbsp oil over medium-high heat. Add pork cubes, browning in batches. Brown on all sides, adding more oil as required. Remove browned cubes to a clean plate.
3. In same pot, melt butter over medium-high heat. Brown onions and mushrooms, stirring occasionally.
4. Add water or wine, scraping up brown bits from bottom of pot.
5. Add tomatoes, paprika, salt, pepper and caraway seeds to pot. Stir to combine.
6. Return cubes to pot. Stir to combine. Cover and place pot in centre of oven. Cook until pork is tender, about 1 ½ hours.
7. Serve goulash over hot cooked egg noodles. If desired, top with a dollop of sour cream.

Additional Info

- **Cut:** Roasts
- **Prep Time (Minutes):** 45
- **Cook Time (Minutes):** 120
- **Number of Servings:** 8