Hungarian Winter Vegetable Goulash

Ingredients

2 onions

2 carrots

2 parsnips

200g swede

100g turnip

2 tablespoons vegetable oil

1 tablespoon paprika

2 tablespoon plain flour

300ml boiling water

8 small new potatoes

400g chopped tomatoes

1 vegetable stock cube

2 teaspoon cornflour

2 tablespoon cold water

142ml soured cream

Utensils

Chopping board

Knife

Peeler

Measuring jug

Measuring spoons

Saucepan

Cup

Fork

Method

Cut one end off the onion and then peel it. Cut in half lengthways. Lay the flat side down and slice thinly down the length of the onion, leaving about 1-2cm at the end. Then cut thinly widthways so that it is finely diced.

Peel the carrots, then top and tail them. Cut in half lengthways and thinly slice both halves.

Peel the parsnip, then top and tail them. Cut in half lengthways and slice both halves.

Peel the swede and turnip. Cut them into slices about 2cm thick then into 2cm chunks.

Heat the oil, add the onions and then fry for about 3 minutes or until soft.

Stir in the chopped vegetables and paprika and cook for 5 minutes, remembering to make sure it does not stick to the bottom of the pan.

Sprinkle the flour over the vegetables and stir well.

Very carefully add the boiling water. Add the potatoes and tomatoes.

Crumble in the stock cube and stir well. Bring back to the boil and then simmer for 25 minutes

In a cup mix the cornflour and water. Stir the mixture well then stir in the soured cream. Add this to the pan and stir well until all mixed in.