

Hungarian Chicken Goulash & Noodles

Supper Series Theme: Hungary



Ingredients:

- 1 tablespoon cooking oil
- 8 chicken thighs or boneless skinless** breasts
- 1 1/2 teaspoons salt
- 1 onion, chopped
- 2 carrots, cut into 1/4 inch slices
- 2 ribs celery, cut into 1/4 inch slices
- 2 cloves garlic, minced
- 2 tablespoons paprika
- 1 tablespoon flour
- 1/8 teaspoon cayenne
- 1 1/2 cups canned low-sodium chicken broth or homemade stock
- 1 1/2 cups canned crushed tomatoes in thick puree
- 1/4 teaspoon dried thyme
- 1 bay leaf
- 2 tablespoons chopped fresh parsley
- 1/4 teaspoon fresh-ground black pepper
- 12 oz. egg noodles, boiled & buttered (step 6)



Directions:

1. In a large, heavy pot, heat the oil over moderately high heat.
2. Season the chicken with 1/4 teaspoon of the salt and add it to the pan. Cook the chicken until browned, turning, about 8 minutes in all. Remove. Pour off all but 1 tablespoon fat from the pan.

3. Add the onion, carrots, celery, and garlic to the pan. Reduce the heat to moderate and cook, stirring occasionally, until the onion is translucent, about 5 minutes.
4. Reduce the heat to moderately low and add the paprika, flour, and cayenne to the pan. Cook, stirring, for 30 seconds. Stir in the broth, tomatoes, the remaining 1 1/4 teaspoons salt, the thyme, and the bay leaf.
5. Add the chicken and bring to a simmer. Reduce the heat and simmer, partially covered, until the chicken is done, about 20 minutes. Remove the bay leaf and add the parsley and black pepper.
6. While chicken cooks, bring a large pot of salted water to a boil. Add 12 oz. egg noodles and cook according to package instructions, stirring occasionally with tongs. Drain noodles in a colander. Transfer to a large bowl, add remaining 2 Tbsp. butter, and toss to coat until butter is melted and noodles are coated. Season with salt and pepper.

Chef Note:

Serve Goulash with spaetzle, buttered noodles, or boiled or mashed potatoes.

** Buying chicken with the skin on saves you money, and adds only a few minutes to the prep. One original recipe starts step 2 with rendering the fat from the skin (to help brown the chicken), saying, "Remove skin from each chicken thigh (or breast). In a frying pan cook skins with 1 tbsp olive until crispy, then remove and discard [the crispy skin]." Continue browning the chicken meat in the same pan. (OR ... Save time and calories by skipping this.)