

HUNGARIAN GOULASH (serves 6 portions)

cashew sour cream (see recipe below)

3 onions

4 large red peppers

7 garlic cloves

5 tbsp sweet paprika

3 tbsp puree

1 tsp caraway seeds

½ tsp cayenne pepper

2 tins tomatoes

500 ml stock (bean liquid + 1 tbsp **miso** + 1 dsp **tamari**)

3 bay leaves

600 g carrots

180 g curly kale

500 g mushrooms

1 cup of cannellini beans (or any other kind, pressure cooked for 12 mins, saving the liquid)

60 g flat leaf parsley

800 g potatoes (pressure cooked 6-8 mins) for 2 portions

Make the **sour cream** and refrigerate.

Sauté the **onions** until brown.

Add the **peppers** and **garlic**, and sauté for another 2 minutes.

Turn off the heat and add the **paprika**, **puree**, **caraway seeds** and **cayenne pepper**, mixing thoroughly, and letting the residual heat toast the paprika for 30 seconds.

Add the **tomatoes** and **stock**.

Add the **bay leaves**,

Add **carrots**, **curly kale**, **mushrooms** and **parsley stalks**, then bring to the boil, cover and simmer on lowest heat for 40 mins..

Add the **beans** and simmer for a further 10 mins, covered, then another 10 mins without the lid.

Mix in the **parsley**, and serve with **mashed potatoes** and a drizzle of **sour cream**.

sour cream recipe

1 cup cashews (soaked overnight)

water

1.5 tbsp lemon juice (add more if necessary)

1.5 dsp apple cider vinegar

1 tsp mustard

1.5 tbsp olive oil

Blend together, adding water if necessary, until smooth and thick.