

HUNGARIAN GOULASH (serves 6 portions)

cashew sour cream (see recipe below, prepare and refrigerate)

500 g **mushrooms**

5 tbsp **sweet paprika**

1 tsp **caraway seeds**

½ tsp **cayenne pepper**

3 **onions**

4 large **red peppers**

7 **garlic cloves**

1 **red chilli**

600 g **carrots**

180 g **curly kale**

2 tins **tomatoes**

3 tbsp **puree**

3 **bay leaves**

+/- 500 ml **stock** (300 ml **red wine vinegar** + **bean liquid** + 1 tbsp **miso** + 1 dsp **tamari**)

1 cup of **cannellini beans** (or any other kind, pressure cooked until soft (+/- 12 mins), saving the liquid)

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

Stir-fry the **mushrooms** without oil, until softening, then save to a bowl.

Sauté the **spices** on a low heat, until they release their aroma (+/- 5 mins)

Add the **onions** and cook until softening (adding bean water if necessary).

Add the **peppers**, **garlic** and **red chilli**, and cook for another 2 minutes.

Add the **carrots** and **curly kale**, mix in well.

Add the **tomatoes** and **beans**.

Add the **bay leaves**,

Add the **stock**, cover and bring to the boil, simmering on lowest heat for 30 mins.

Add the **mushrooms** and simmer covered for a further 10 mins, then take off cover and simmer until the sauce thickens.

Serve with **mashed potatoes** and drizzle with **sour cream**.

sour cream recipe

¾ cup **cashews** (soaked overnight)

¼ **coconut milk powder**

1.5 tbsp **olive oil**

1.5 tbsp **lemon juice** (add more if necessary)

1.5 dsp **apple cider vinegar**
1 tsp **sweetner** (eg agave syrup)
1 tsp **mustard**
water

Blend together until smooth and thick.