



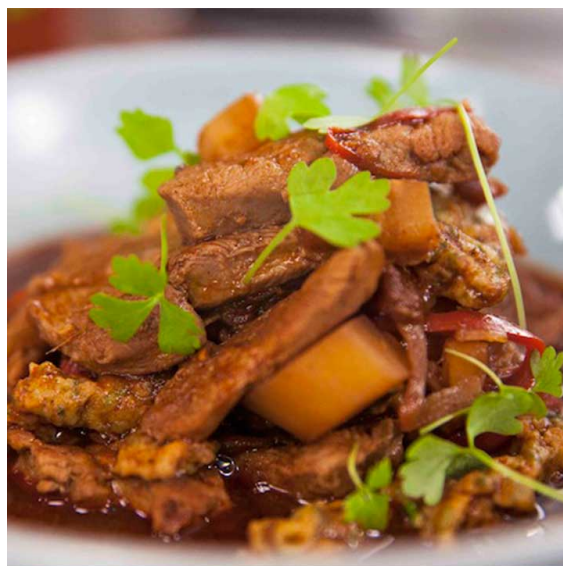
DUCK GOULASH WITH DUMPLINGS

FROM EVERYDAY GOURMET WITH JUSTINE SCHOFIELD

Difficulty: Easy

Serves: 4

Cooking: 1 hour



INGREDIENTS

2 Tblsp olive oil
4 Luv-a-Duck Duck Breasts, skin removed and sliced
1 large onion, finely sliced
1 red capsicum, sliced
2 cloves garlic, sliced
1 heaped tsp caraway seeds
2 tblsp hungarian paprika
1 tomato, diced
2L beef stock
1 parsnip, diced
Salt and pepper

Dumplings

6 tblsp plain flour
½ tsp baking powder
¼ cup milk
2 eggs, beaten
Pinch of salt
¼ bunch chives, finely chopped

METHOD

1. To make the dumplings, mix the egg and chives into the flour to form a sticky dough. Flour your hands and make rough walnut size balls.
2. In a large casserole heat the oil. Add the duck meat in batches and flash fry. Remove.
3. In the same pan sauté the onions, capsicum and garlic for 5 minutes or until soft and lightly caramelised. Now add the spices and mix through.
4. Once fragrant add the tomato and stock and bring to the boil before adding the parsnip. Season the stew with salt and pepper and then cook for 15-20 minutes before return the duck and cooking for a further 5 minutes.
5. Once the goulash is cooked, ease the dumplings into the stew and cook for 4 minutes or until they swell.
6. With a slotted spoon place the meat, vegetables and dumplings onto a large platter. Bring the sauce to a boil to thicken and pour over the meat.