

Hungarian Goulash

- 3 tablespoons vegetable oil
- 1 pound stew beef
- 1 small onion, chopped
- $\frac{2}{3}$ of a medium green pepper, chopped
- 1 $\frac{1}{4}$ cups tomato juice
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon freshly ground black pepper
- 2 teaspoons hot or sweet Hungarian paprika
- $\frac{1}{4}$ – $\frac{1}{3}$ cup flour
- $\frac{1}{4}$ – $\frac{1}{3}$ cup water
- 2 cups broad egg noodles (uncooked measurement)

Dehydration Time: 7–10 hours
Makes 3–4 servings



My husband spent a few months in Hungary and came back with some Hungarian paprika that had been ground and sun-dried by a friend's grandmother. He asked me to make goulash with it and said this tasted exactly like what he had eaten in Budapest.

AT HOME

Remove all visible fat from the beef and then cut it into $\frac{1}{2}$ -inch pieces. Pour the vegetable oil in a large pot over medium heat and then add the meat. Brown the meat and add the chopped onion and green pepper. Cook until the onions are soft. Then add the tomato juice, salt, pepper, and the paprika. Cover and simmer for 1 $\frac{1}{2}$ hours. Stir occasionally, checking to make sure there is enough liquid to prevent the meat from sticking to the pot.

Scoop out the meat and vegetables and set them aside. Bring the sauce to a boil. While that's simmering, pour equal amounts of flour and water in a jar with a lid. Screw the lid shut and shake well. This flour mixture is known as slurry. Stir the sauce constantly while you pour a little slurry into the pot. Continue to stir. If the sauce is not as thick as you would like, add a little more slurry. Allow it to cook for a few minutes while still stirring constantly. When the sauce has reached a gravylike thickness, remove the pot from the heat.

Measure the goulash, and write this measurement on a sticky note. Separate the vegetables from the meat. Place the meat, sauce, and vegetables on separate lined dehydrator trays. Dehydrate the meat for 7 to 10 hours until it looks like large gravel, and dehydrate the sauce and vegetables for 6 to 8 hours or until they are dried thoroughly. Put the uncooked egg noodles in a large ziplock freezer bag. Package the meat, vegetables, and sauce in one ziplock freezer bag. Put the sauce bag inside the noodle bag along with the sticky note.

AT CAMP

Add enough boiling water to equal the amount of goulash to account for an additional dehydration container. Add more water if needed.

Once all the ingredients are dehydrated, Once they're done, add them to the pot and bring to a boil and serve. If desired, serve with rice.

TIPS

Do not use Spanish paprika for depth of flavor as it is milder.

This goulash recipe is for 4 servings. If you prefer, you can make it for 2 servings.

It is important to come back. If you don't, all the way soaking the noodles for 10 minutes.

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AT CAMP

Add enough boiling water to the meat, sauce, and vegetable mix to equal the measurement on your sticky note. Be sure to account for and add your dried ingredients to the rehydration container prior to adding the water. You can always add more water if you need to.

Once all the ingredients are rehydrated, boil the noodles. Once they're done, drain them carefully. Cover the noodles and set them aside. Pour the meat and sauce into a second pot and bring to a boil. Pour the sauce into the noodles, stir, and serve. If desired, add a little sprinkle of paprika once served.

TIPS

Do not use Spanish paprika—it does not have the same depth of flavor as Hungarian paprika.

This goulash recipe is also nice served over potatoes. If you prefer, you can use textured vegetable protein instead of meat.

It is important to allow dried meat a little more time to come back. If the meat for this recipe doesn't rehydrate all the way soaking in boiling water, simmer it for a few minutes.

Ginger Mango Chicken with Cashews

Dehydration Time: 7–10 hours
Makes 3–5 servings



- 1 tablespoon butter
- ¼ teaspoon kosher salt
- ½ teaspoon black pepper, freshly ground
- 3 boneless, skinless chicken breasts
- 1 small onion
- 2 teaspoons fresh ginger, grated
- 1 clove garlic, minced
- ½ cup sweet red pepper, cut into thin strips
- 2 teaspoons red wine vinegar
- ¼ cup mango chutney
- 1 tablespoon Dijon mustard
- ½ cup plain yogurt
- 1 green onion, chopped
- ¼ cup salted cashews, chopped

At home I make this recipe with heavy cream, but since that doesn't work so well in the wilderness I use yogurt instead. You could also use sour cream. Serve this with chapati, bannock bread, or rice.

AT HOME

Melt the butter in a large skillet. Season the chicken with salt and pepper. Cook the chicken thoroughly in the skillet, turning once, until brown. Remove the cooked chicken from the pan and set aside. Put the onion, ginger, garlic, and red pepper in the pan. Cook for 1 minute.

Then stir in the red wine vinegar, chutney, mustard, and yogurt. Bring to a boil and then simmer over medium heat until the sauce thickens. Lower the heat and add the chicken and green onion. Season the sauce, to taste, with black pepper. Remove the pan from the heat and allow to cool. Remove the chicken from the sauce and cut it into ¼-inch pieces.

Measure the chicken and sauce and write the combined measurement on a sticky note. Arrange the chicken and sauce separately on lined dehydrator trays and dry for 7 to 10 hours. Wrap the cashews in a piece of plastic wrap. Put the cashew bundle and the dried ingredients in a ziplock freezer bag along with your sticky note.

AT CAMP

Remove the cashew bundle from the ziplock bag. Add enough boiling water to the chicken and sauce mixture to equal the measurement on your sticky note. Be sure to account for and add your dried ingredients to the rehydration container prior to adding the water. You can always add more water if you need to.

Keep the meal in a hour or until fully hydrated after soaking over medium-low heat cashews just before eating.

Chicken



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Keep the meal in a cozy until it is reconstituted (about an hour or until fully hydrated). If the meat is not completely rehydrated after soaking in the boiling water, simmer it gently over medium-low heat for several minutes. Sprinkle with cashews just before eating.