



Wild boar goulash with potatoes and red cabbage

Ingredients

Serves 4

For the goulash

- 800 g goulash meat of wild boar
- 2 vegetable onions
- 4 garlic cloves
- 2 tablespoons clarified butter
- 4 cl Underberg
- 2 bay leaves

- 2 sprigs thyme
- 1 tsp juniper berries
- 1 tablespoon paprika powder
- 500 ml vegetable broth
- 150 ml red wine
- 1 teaspoon starch dissolved in 50 ml cold water
- 75 g bacon cubes
- salt, pepper
- 500 g potatoes, waxy

For the red cabbage

- 800 g red cabbage
- 2 apples
- 2 onions
- 2 tablespoons clarified butter
- 2 bay leaves
- 3 cloves
- 2 tablespoons apple vinegar
- 1 teaspoon sugar
- 100 ml vegetable broth
- salt, pepper

Preparation

For the goulash, peel and finely chop garlic and onions. Heat the butter in a pot and fry the goulash meat in it. Add onions, garlic, paprika powder, bay leaves, thyme, bacon and underberg and fry everything for 2-3 minutes.

Add vegetable stock and red wine. Stew goulash with closed lid for 60-70 minutes at medium heat. If necessary, thicken with some starch. Add dissolved starch to the goulash, bring to the

boil and reduce over medium heat until the goulash sauce has the desired consistency.

For the red cabbage, quarter cabbage, cut out the stalk and cut cabbage into fine strips. Peel and finely chop the onions. Wash the apple, remove seeds and cut into small pieces.

Heat clarified butter in a pot and fry onions for 1-2 minutes. Add red cabbage and apples and season with salt and pepper. Add bay leaves, cloves, vinegar, sugar and broth. Simmer over medium heat for about 30-45 minutes. Remove cloves and bay leaves before serving.

For the potatoes, peel potatoes and cook in boiling salted water for about 15-20 minutes until al dente. Drain and serve together with wild boar goulash and red cabbage.

Quick tip: If you need to serve time, you can also simply use a red cabbage ready-to-serve product.

Preparation time: 90 minutes

Nutritional values per serving: 996.1 kcal / 4151.6 kJ

Carbohydrates 55,2 g

Protein 49,9 g

Fat 55,2 g