



VEAL GOULASH WITH CREAM POLENTA



QimiQ BENEFITS

- Creamy indulgent taste with less fat
- Problem-free reheating possible
- Enhances the natural taste of added ingredients
- No additional binding necessary
- Smooth and creamy consistency in seconds



25



easy

INGREDIENTS FOR 4 PORTIONS

FOR THE GOULASH

- 200 g** QimiQ Sauce Base
- 300 g** Onion(s), finely chopped
- 2 tbsp** Sunflower oil
- 750 g** Shoulder of veal, diced
- Salt
- Pepper
- Caraway seeds
- 1** Garlic clove(s), finely chopped
- 2 tbsp** Paprika powder
- 1 litre(s)** Water
- 1** Red bell pepper(s), finely shredded

FOR THE CREAM POLENTA

- 250 g** QimiQ Classic, chilled
- 1 small** Onion(s), finely chopped
- 1 tbsp** Butter
- 750 ml** Water
- Salt
- Pepper
- Nutmeg
- 250 g** Corn Meal, fine

METHOD

1. Fry the onion in oil until golden brown.
2. Add the veal, seasoning, garlic and paprika powder and mix well (careful, paprika turns very bitter if burnt).
3. Douse with water, cover and simmer for 45 minutes.
4. Stir in the QimiQ Sauce Base and red pepper and continue to cook until the required consistency has been achieved.
5. For the polenta, preheat the oven to 360° F (conventional oven).
6. Fry the onion in butter. Douse with water, add the QimiQ and season to taste.
7. Add the polenta, mix well and cover with a lid. Bake for approx. 20 minutes.