

PICHLSTEINER STEW



Ingredients for 4 serves

160 g pork goulash (from the leg)
160 g beef goulash (from the leg)
80 g veal goulash (from the leg)
200 g onions (cut into rings)
260 g carrots (sliced)
130 g celery (cubed)
260 g leeks (cut into rings)
600 g potatoes (cubed)
100 g freshly chopped parsley
2 l meat stock
Salt, pepper and sweet paprika powder

Preparation

1. Heat oil in a pot and cook the onions until transparent.
2. Add beef goulash and cook a few minutes more. Pour in 2 liter beef stock and let it simmer for 40 minutes on low heat.
3. Add pork and veal goulash and let it simmer for 40 minutes. Put the potatoes in the pot and let it simmer for further 10 minutes.

4. Add carrots, leeks and celery and let it simmer 10 minutes.
5. Season with salt, pepper and sweet paprika powder.
6. Pichelsteiner stew should be a little viscid.
7. Stir in the chopped parsley und serve with a hearty bread.

Notes

Once upon a time in the late 18th century, a poor farmer's wife in South East Bavaria had to feed a band of marauding soldiers (the infamous Trenk Pandurs) from the Austrian Empire. Only a few pieces of cabbages and carrots and scraps of beef, mutton and pork was all that was left that day (potatoes were not known in Germany at that time). Nevertheless, she threw all she had into a big pot and apparently concocted such a good meal that she and her family not only survived the attack but also preserved the recipe for future generations. A century later, in 1879, legendary cook and restaurant owner Auguste Winkler living close to the very, very small village of Grattersdorf (somewhere between Regensburg and Passau, close to the Czech Republic) was asked to prepare a meal for a large outdoor party that took place on the top of a forested mountain called Büchelstein. It was July, but it must have been rainy and unseasonably cold. So he re-created a locally known one-pot recipe with cubes of lean pork, beef and lamb or mutton, and chunks of celery, leeks, carrots, savoy and other cabbages. That heat-warming meal eventually became the famous Pichelsteiner (derived from Büchelstein) and the party became one of South-East Bavaria's largest festivals. Although this festival takes place in July, the one-pot Pichelsteiner is a perfect meal occasion for cold winter days. Enjoy!