HUNGARIAN · LUNCH · DINNER

Marhapörkölt (Hungarian Beef Shank Stew with Red Wine)

Egri vörösboros marhalábszár pörkölt

150 min · Serves 3 · 450 kcal a serve · Video 10:44 in Hungarian · Mészi cook

Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

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About 55 g protein and 12 g net carbs a serve: beef shank slowly braised with onion, pepper, tomato and paprika, with no flour in the sauce.

Ingredients 11 · SERVES 3

- [ ] 600 g **beef shank** (shin), cut into cubes
- [ ] 40 g **smoked bacon** (füstölt szalonna), finely diced
- [ ] 250 g **onions**, finely chopped
- [ ] 1 tsp **salt**
- [ ] 1 **tomato** (130–150 g), chopped
- [ ] 1 **green pepper** (Hungarian wax pepper, 130–150 g), chopped
- [ ] 1 tsp **ground caraway**, plus a pinch near the end
- [ ] 2 tsp **sweet Hungarian paprika**
- [ ] 4–5 **garlic** cloves, chopped, plus a little more near the end
- [ ] **Chilli**: a little hot pepper or hot paprika, to taste
- [ ] 100 ml **dry red wine** (Egri Bikavér)

Allergens found in the listed ingredients: Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Dice the smoked bacon and fry it in a heavy pot over medium heat until the fat runs out. Meanwhile chop the onions finely. 0:46
2. Rinse the beef shank, pat it dry and cut it into cubes. 2:10
3. When the fat has rendered, add the onions with 1 tsp salt and fry until golden brown. 3:55
4. Add the chopped tomato and pepper, then the beef, and turn it in the onions for a few minutes. 4:26
5. Stir in the ground caraway and sweet paprika, then the garlic and hot paprika to taste. 5:17
6. Pour in the red wine and let it bubble. 6:30
7. Add just enough water to cover the meat and vegetables and simmer at least 2 hours, letting the liquid cook down until it almost catches, then topping up a little water again — repeat to build a thick sauce. 7:15
8. Fifteen to twenty minutes before the end, add a little more garlic and caraway, and simmer until the beef is tender and the sauce thick. 8:45

> **Tip** Serves about 3 (the cook doesn't say), or 4 with nokedli or boiled potatoes on the side. Pickled cucumbers or a cabbage salad keep it lower in carbs. Freezes well.

The method is a summary in our words, in English — the video (in Hungarian) shows every step.

One serve gives you 1 OF 3 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
450 kcal	**55** g	**16** g	**3.7** g	**16** g	**970** mg
1,880 kJ	109% of a day	12 g net · 6.4 g sugars	13% of a day	5.3 g saturated	42% of a day
		6% of a day		20% of a day	

Energy from net carbs 12% · protein 53% · fat 35% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 240% · Zinc 149% · Selenium 89% · Vitamin C 60% · Vitamin B6 56% · Iron 39% · Potassium 24%

Source of (10–19%) Magnesium 18% · Folate 11%

Recipe and video: Mészi cook (@Mészifőzésbarkácsol) on YouTube — youtube.com/watch?v=HkoxuE9lDqo, published 4 February 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/marhalabszar-porkolt