

RED ARROW INTERNATIONAL

Culinary Creations

Aro-Smoke 8056™

Flavor Description:

A traditional, ashy hardwood smoke flavor.

Goulash



Yield: 3359gm

Serving: 12 portions – 279.9gm each

FORMULA: *

Ingredients:

	Oz.	Lbs.	Grams	% weight
<i>Aro-Smoke 8056</i>	0.01	0.0	0.3	0.01%
Beef; top round, cubed	15.52	1.0	440.0	13.10%
Olive oil	2.47	0.2	70.0	2.08%
Onion; peeled, minced	5.29	0.3	150.0	4.47%
Carrot; peeled, minced	3.53	0.2	100.0	2.98%
Celery, minced	2.65	0.2	75.0	2.23%
Garlic; peeled, minced	0.63	0.0	18.0	0.54%
Beef base	0.01	0.0	0.2	0.01%
Marjoram; leaves, dried	0.02	0.0	0.5	0.01%
Flour	2.47	0.2	70.0	2.08%
Water	56.44	3.5	1600.0	47.63%
Idaho potatoes; peeled, diced	17.46	1.1	495.0	14.74%
Hungarian paprika	0.56	0.0	16.0	0.48%
Tomatoes, crushed	10.58	0.7	300.0	8.93%
Red wine vinegar	0.56	0.0	16.0	0.48%
Worcestershire sauce	0.26	0.0	7.5	0.22%
Red pepper flakes, crushed	0.01	0.0	0.3	0.01%
Kosher salt	0.01	0.0	0.2	0.01%
Black pepper, ground	0.00	0.0	0.1	0.00%
Total	118.48	7.4	3359.0	100.00%

Goulash

Method of Preparation:

1. Place a heavy saucepot on a medium flame and add the olive oil.
2. Add the beef top round to the saucepot. Sauté until light brown.
3. Add the onion, carrot, celery, and garlic and sauté for 4 minutes until lightly caramelized.
4. Add beef base and marjoram and cook for 2 minutes.
5. Add flour and cook for 5 minutes longer until flour is a brown color.
6. Slowly whisk in the water taking time to incorporate the water completely to ensure there are no lumps.
7. Add the paprika and stir well to incorporate the spice, as it will stain all of the other ingredients.
8. Add crushed tomatoes, potatoes, red wine vinegar, Worcestershire sauce, salt, black pepper and crushed red pepper.
9. Let the mixture simmer for 30 minutes until slightly thickened and the potatoes are cooked through. Add the **Aro-Smoke 8056** and stir well to combine.

Serving suggestion:

Serve with rice, sour cream and caraway seeds as garnish.

Research Chef Evaluation of Aro-Smoke 8056:

Aro-Smoke 8056 adds a smoked note to this Eastern European influenced dish. The smoke enhances the beef and tomato components, resulting in hearty meat smoked flavor.

* Developed by Red Arrow Culinary Specialists