KIKKOMAN

Wild Boar Goulash

Total time **180 mins** **180 mins** preparation time

Nutritional facts (per portion):
1,360 kJ / 325 kcal

Fat: **13 g** Protein: **33.8 g**
Carbohydrates: **12 g**

INGREDIENTS

4 portion(s)

600 g	wild boar meat, or diced pork
2 tbsp	cooking oil
3	onions
50 g	diced bacon
2 tbsp	tomato puree
4	tomatoes
9 tbsp	Kikkoman Naturally Brewed Soy Sauce
100 ml	red wine
2	juniper berries
2	cloves
	Cornflour, if necessary
	Freshly ground pepper

PREPARATION

Step 1

Sauté the wild boar or pork meat in hot oil. Peel and chop the onions, put them in the pan with the diced bacon and sauté. Add the tomato puree and cook briefly.

Step 2

Cube the tomatoes and add to the goulash and continue cooking.

Step 3

Add 400 ml water, six tablespoons of soy sauce, red wine, juniper berries and cloves, then put a lid on and cook for approx. 2.5 hours.

Step 4

Remove the juniper berries and cloves. Thicken the goulash with slaked cornflour if you prefer, season with the remaining soy sauce and pepper, Serve with Swabian noodles or tagliatelle and little baked apples if liked.