

# Beef Stroganoff @ 7pm Wednesday

## 23/09/2020

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### **Ingredients:**

- 2 steaks (approx. 400g in total) I use rump or sirloin
- 1 Tbs plain flour
- 2 tablespoon oil
- 1 tbs butter
- 1 onion diced
- 400g mixed mushroom (portobello and button) thickly sliced
- 3 crushed garlic cloves
- 1 tbs Dijon Mustard
- 1 tsp smoked paprika
- 200ml beef stock
- 150ml crème fraiche
- Salt and pepper
- Splash Brandy (optional)
- Parsley for garnish

### **Method:**

Cut the beef into finger sized strips, place in a ziplock bag with a tablespoon oil and squish it with hands to coat.

Heat a large frying pan or wok and then cook the oiled steak for a couple of minutes to brown. If using throw over the brandy.

Tip the steak onto a plate and sprinkle with flour

Pop the rest of the oil and the butter into the pan and heat.

Cook the onions in the pan over a gentle heat until they become translucent, do not burn.

Add all the mushrooms and leave them to wilt and give off all their juices.

Add the garlic and continue to simmer (think garlic mushrooms)

Mix in the Mustard and paprika, season with salt and lots of pepper (to taste) think peppercorn sauce!

Add most of the stock at a time, increase the heat to reduce the volume.

When the sauce has reduced by about half return the steak to the pan and cook for a few minutes.

If the sauce is too thick add the rest of the stock.

Stir through the crème fraiche, cook for a minute or so.

Serve with tagliatelle, rice or mashed potatoes with a little parsley garnish and a sprinkle of paprika