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by Liz Robb

Beef Stroganoff

Ingredients

400g fillet steak 2 small onions
1 fat clove of garlic
150g chestnut button mushrooms
150g white button mushrooms
20g butter
2 teaspoons of olive oil
1 tablespoon of plain flour
275ml rich beef stock
1 teaspoon of wholegrain mustard
1 teaspoon of paprika
1 teaspoon of Worcestershire sauce
1 and a half tablespoons of low fat crème fraiche
1 and a half tablespoons of soured cream
A few sprigs of tarragon
Half a lemon
Salt and freshly milled black pepper
A few sprigs of fresh parsley
Servings
3
Person

Preparation

1. 1. Slice the steak very thinly into strips
2. the meat needs to be well chilled and the knife really sharp to be able to cut it sufficiently thinly. 2. Prepare the vegetables. Peel and finely chop the onions, peel and crush the garlic then wipe the mushrooms
3. leave tiny button mushrooms whole and halve any bigger ones.
4. 3. Melt 10g of butter and a teaspoon of olive oil in a hot frying pan and quickly flash fry the beef strips, just enough to brown them
5. you may need to do this in two batches. Turn the heat down to medium, add the mushrooms to the beef and cook for 3-4 minutes, stirring occasionally, then remove from the heat.
6. 4. Melt the remaining 10g of butter and teaspoon of olive oil in a large saucepan over a fairly low heat, sprinkle in the flour and combine. Then gradually add the hot stock, stirring all the time to keep the mixture smooth. Cook gently for about 5 minutes, stirring occasionally. Add the chopped onion and cook for 2 minutes, then add the crushed garlic and cook for a further 3 minutes.
7. 5. Add the mustard, paprika and Worcestershire sauce, and then spoon in the crème fraiche and soured cream, stirring well to make sure everything is mixed together. [Adding half low fat crème fraiche makes the sauce a little lighter, but if you want a richer sauce you can use all soured cream.] Stir in a sprinkling of finely chopped tarragon leaves and the juice of half a lemon and then season to taste with salt and black pepper.
8. 6. Add the beef and mushrooms to the sauce and heat them through again, stirring as you do so. When it is hot, serve on a bed of rice, garnished with a little chopped parsley.

Cooks Note

Beef Stroganoff, originally a nineteenth century Russian dish of sautéed beef pieces in a sauce made with sour cream, became popular in many countries around the world. There are now many different versions using varying ingredients; for example, in the United States it may be served on a bed of pasta, whereas in the UK it normally consists of beef in a

creamy sauce made using brandy or white wine, usually served with rice.

This is an uncomplicated alcohol free version that is simply delicious when made with a good cut of beef. I like to serve it on a bed of rice, but feel free to have it with pasta if you prefer, or even with vegetables and roast potatoes!

Serves 3.