# Beef Stroganov with Mushrooms



Modernized classical Russian dish.

Source

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|---|---|
| Prep | 0:30 |
| Cook | 0:30 |
| Yields | 4 servings |

## Ingredients

- 400 g beef fillet or rump, in 2-4 cm thin stripes
- 400 g button mushrooms, sliced
- 1 onion, finely chopped
- 1 garlic clove
- 150 g sour cream
- 400 g of beef stock
- 1 tbsp flour
- 1 tbsp mustard
- 50 g of butter
- 2 tbsp Worcestershire sauce
- pinch of salt
- pinch of pepper

- 1 bay leaf
- 1 tbsp of chopped dill, green onions, chives, or parsley, for garnishing

## Method

1. Dry the beef stripes and mix them with flour.
2. Fry mushrooms in a separate pan.
3. In a frying pan heat the oil. Fry the beef stripes in batches on high heat. Fry each side for around 30 seconds. Then remove the beef from the pan leaving the fat in the pan.
4. Heat butter in a pan, lower the heat to medium, then onions and garlic. Fry until onions are caramelized.
5. Add back the beef. Then add white wine and beef stock (or water), sour cream, (optionally) mustard, and bay leaves. Add salt and pepper. Bring it to boil. Let it simmer for 15-20 minutes.
6. Serve with potatoes and sprinkle the Beef Stroganov with greens.

## Original Andy's Ingredients

- 600g beef fillet, sliced thin (rump will also work well)
- 1 brown onion, sliced thin lengthways
- 200g button mushrooms, sliced
- 2 tbsp grapeseed oil
- 50g butter
- 2 tbsp flour
- 400ml beef stock
- 2 tbsp Worcestershire sauce
- 1 tbsp dijon mustard
- 3 tbsp sour cream
- Salt and pepper to taste
- Egg noodles to serve

## Andy's Method

- In a large frying pan, heat the oil and seal your beef in batches until they have good colour.
- Once all the beef is sealed off, remove from the frypan and set aside.
- Add the onions to the pan and sauté until they have some colour and start to soften.
- Add the mushrooms and cook for 3-4 minutes.
- Next, add the flour and stir well. Once all the flour is stirred through, pour in the beef stock and mix until you don't have any lumps.
- Cook for 10 minutes or until the sauce is nice and thick.
- At the Worcestershire sauce, mustard and sour cream and mix well.
- Add the beef back to the pan and stir through.
- Serve with buttered egg noodles and enjoy!

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