



Beef Stroganoff



Ingredients:

- 1 lb top sirloin steak, thinly sliced into strips
- 2 TBLS olive oil
- 2 TBLS unsalted butter
- ½ medium onion, finely chopped
- ½ lb brown mushrooms, thickly sliced
- 1 garlic cloves, minced
- 1 TBLS all-purpose flour
- 1 cup beef broth
- ¾ cup heavy whipping cream
- ¼ cup sour cream
- 1 TBLS Worcestershire sauce
- ½ tsp Dijon mustard
- ½ tsp salt
- ¼ tsp black pepper
- Garnish with 1 TBLS green onion, or chives
- Serve over egg noodles or mashed potatoes

Method:

1. Place a large deep pan or Dutch oven over medium-high heat, and add the oil. Once hot, add beef strips in a single layer, cooking 1 minute per side without stirring, until just browned and no longer red. Sear beef in batches so you do not overcrowd the pan. Remove beef to a plate and cover to keep warm.
2. Add butter, onions and mushrooms, and sauté 6-8 minutes or until liquid has evaporated and onions and mushrooms are soft and lightly browned. Add garlic and sauté 1 minute until fragrant.
3. Add flour and sauté another minute stirring constantly. Pour in beef broth, scraping any bits from the bottom of the pan then add cream and simmer another 1 to 2 minutes or until slightly thickened.
4. Stir a few Tablespoons of the sauce into the sour cream to temper it so the sour cream doesn't curdle then add it to the pan while stirring constantly.
5. Stir in the Worcestershire, Dijon mustard, and season with salt and pepper, or season to taste and continue simmering until sauce is creamy. Add beef with any accumulated juices back to the pan and bring just to a simmer or until beef is heated through.