

What's Cookin':

A cheater's version of beef stroganoff

Today's recipe is for beef stroganoff, a very tasty dish if you haven't tried it. The recipe calls for beef tenderloin, although delicious is quite expensive. If you'd like to make this dish, but a little less expensively, you can make the 'cheater' version.

Buy two pounds of stewing beef instead of beef tenderloin and then adjust the method as follows.

Please note that if you are using stewing beef, you can't simply follow the method for beef tenderloin or else it will turn out tough and chewy.

Follow this:

1. Trim fat from stewing beef and cut any large chunks in half.

2. Heat the butter and oil and sear beef on all sides—again being careful not to crowd the pan. Do it in batches.



Lori Gysel & Gerry Kentner

3. Follow steps 3 and 4 on the recipe as directed.

4. Add the beef and cover pan with a tight-fitting lid. Place pan in oven and bake at 325F for two hours. Check occasionally to ensure there is enough liquid. If the liquid is running low, add a bit more beef stock.

5. After two hours, remove pan from the oven and add the sour cream, blending till smooth. Add fresh dill and salt to taste. Serve.

Have fun and keep cooking!

Beef Stroganoff

Serves 8

Ingredients

- 2 lbs filet of beef (beef tenderloin)
- 2 tbsp butter
- 2 tbsp olive oil
- 1 cup sliced Spanish onion
- 2 cloves garlic, chopped
- 1/2 lbs button mushrooms, sliced
- 3 tbsp flour
- 2 tbsp tomato paste
- 1 tsp freshly ground black pepper
- 1 and 1/2 cups beef stock
- 1/2 cup dry white wine
- 2 tbsp fresh dill, chopped
- 3/4 cup sour cream
- salt to taste

Method:

1. Trim fat from beef, cut crosswise into slices, then into strips.

2. In a heavy skillet, heat butter and oil. Add beef strips, not crowding the pan and sear on medium high heat until just browned. Turn and sear other



side. Beef should still be pink (rare) inside. Remove beef and set aside.

3. Add garlic, onion and mushrooms, sauté 5 minutes until onion is golden.

4. On low heat, add flour, tomato paste and pepper. Gradually add beef stock and wine. Bring to a boil, then reduce to a simmer. Cook for 10 minutes.

5. Over low heat, add the sour cream, dill and salt if needed. Blend till smooth. Add the beef to reheat. Serve over buttered noodles.

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