

Beef Stroganoff Recipe

What you will need:

1 pound beef sirloin or loin (New York Steak)

One tablespoon of flour with ½ teaspoon of salt mixed and premeasured

Three tablespoons of flour premeasured

Four tablespoons of butter – as two 2-tablespoon portions premeasured

A ½ cup of fresh minced onions premeasured in a container

Three ounces of fresh minced mushrooms in a cup

One clove garlic or ½ teaspoon of minced garlic preparation (Gilroy Farms)

One tablespoon of canned tomato paste or equivalent home preparation

One cup of beef stock or 10 oz can of condensed beef broth

One cup of reduced fat sour cream

Two tablespoons of dry white wine

Two and a half cups of dry egg noodles

Here are the instructions:

Cut the beef into ¼ inch strips use a meat cleaver and be sure to trim off the fat. The strips should be about three inches long. Get a brown paper lunch bag and put the flour and salt mixture in it along with the cut beef strips. Shake the bag vigorously. Heat a 12” skillet; use a medium-high setting. Melt the butter and add the flour coated beef from bag. Brown the beef quickly and use high heat if necessary. Continuously turn the beef over to get even browning. Set heat back to medium-high and add the onions, garlic and mushrooms, stir with a wooden spoon for even heat. Cook for about 4 minutes until the onion’s odor diminishes some.

Remove the solids from skillet but leave the liquids. Add the second portion of butter to the skillet and use medium heat and add the 3 tsp flour; mix it in. Add tomato paste and the beef stock. Cook at medium-high heat until mixture is thick from the reduction. Reduce the heat to low. Return the solids to the skillet and mix with wooden spoon, temperature in skillet is about 130° F. Add the sour cream and the dry wine, mix with the wooden spoon. Set heat to warm.

Prepare egg noodles, fill saucepan about ¾ full with water. Set saucepan’s heat to high and let the water boil. Add the noodles and let them cook 10 minutes until tender; reduce heat to medium-high after a few minutes on high. After cooking use a colander and drain the pan in the sink. The noodles are done.

Get a dinner dish or dishes and ladle the pasta on it (them). Apply the Stroganoff sauce with a spoon from skillet to suit taste. Enjoy. Have some vodka!