



# Best Beef Stroganoff

Recipe by Kate Cairn Carnation Kitchen and SoHo Wholefoods

 30 minutes

 Serves 4-5

## INGREDIENTS

- 2 scotch fillet steak / boneless rib eye
- 2 tbsp olive oil
- 300 g mushrooms sliced
- 1 large onion
- 3 tbsp butter
- 2 tbsp plain flour
- 2 cups beef broth
- 1 tbsp Dijon mustard
- 2/3 cup sour cream
- salt and pepper
- 400-500 g pasta, rice or mashed potatoes

## DIRECTIONS

1. Using a rolling pin or meat mallet flatten the steaks and then slice into 1/2cm strips (cutting any long ones in half), discarding excess fat as you go. Season with a pinch of salt and pepper.
2. Heat 1 tbsp oil in a large skillet over high heat. Scatter half the beef in the skillet, QUICKLY spread it with tongs. Leave untouched for 30 seconds until browned. Turn beef quickly and leave untouched for 30 seconds to brown. Immediately remove onto a plate. Add remaining 1 tbsp oil and repeat with remaining beef.
3. Turn heat down to medium high. Add butter, melt. Then add onions, cook for 1 minute, then add mushrooms and cook until golden.
4. Add flour and cook it while stirring, for 1 minute. Then add half the broth while continuing to stir. Once incorporated, add remaining broth.
5. Add sour cream and mustard. Continue stirring until incorporated. Bring to simmer, then reduce heat to medium low. Once it thickens to the consistency of pouring cream (3 - 5 minutes), adjust salt and pepper to taste.
6. Add beef back in (including plate juices). Simmer for 1 minute, then remove from stove immediately.
7. Serve over pasta, rice or mashed potato



## Afternoons

with Joel Rheinberger

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