

## Beef Stroganov

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Here's one of those old classics that is somewhat out of vogue with the modern style, being a rich dairy sauce. Nonetheless, a good one takes a bit of beating and it is quick and easy to make. So, I think it deserves to be kept in focus. I like to serve this with flat ribbon noodles and a steamed green vegetable such as broccoli.

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### Planning

serves:	4
prep time:	20 mins
cooking time:	15 mins

### Ingredients

75g butter  
2 large onions, peeled,  
halved & thinly sliced  
250g button mushrooms  
(quartered if large)  
750g beef fillet, trimmed &  
cut into 7mm strips  
250ml sour cream  
2 tsp Dijon mustard  
salt & pepper

### Method

Melt half the butter in a large sauté pan and gently cook the onions for about 5 minutes, or until they start to colour a little. Add the mushrooms and cook for 3 more minutes, stirring frequently to cook them evenly. Remove the vegetable mixture to a plate and set aside.

In the same pan, melt the remaining butter over higher heat and add the beef strips. Sauté these for 4 minutes stirring constantly to brown them evenly. Return the onion and mushroom mixture to the pan, season with salt and pepper, and stir to mix with the beef. Cook for a further minute.

Mix the mustard together with the sour cream and stir this into the beef and vegetables. When all is well blended, cook over high heat for a minute but do not allow the sauce to boil. Remove from the heat and adjust the seasoning to taste.