

BEEF STROGANOFF

Ingredients:

¾ cup Flour
1½ tsp Salt
1/3 tsp Pepper
3 lbs boneless Sirloin cut in 3x1x1/3" strips. Do not trim fat.
¾ cup (1½ sticks) Butter
¾ cup finely chopped Onion
¾ lb thinly sliced Mushrooms
3 cups Beef Stock
1½ cups Sour Cream
5 tbsp Tomato Paste
2tsp Worcestershire sauce
5 tbsp finely chopped Parsley

Directions:

Mix flour, salt and pepper.
Melt half the butter in a sauce pan.
When it foams dredge the meat in flour, shake off excess and brown in butter, just till it changes color. Do not over cook.
Remove meat from pan.
Add onion and sauté till transparent, then add mushrooms and rest of butter and saute a few minutes (3-5).
Add beef stock and bring to a boil.
May be made ahead to this point.
Bring sauce to a boil and cook meat 3-4 minutes. Do not over cook.
Meat should still be medium rare.
Combine sour cream, tomato paste and Worcestershire sauce in a bowl.
Add some hot beef sauce to sour cream mixture then add mixture to pot with beef.
Warm up but do not boil.
Sprinkle with parsley.
Serve over buttered parsley noodles