

Beef Stroganoff

Ingredients

- 1 lb of Well Marbled Beef of your choice such as a tenderloin. Or for more budget friendly options you can use sirloin, strip steak, or boneless ribeye.
- Small Onion, Slices
- 2 tbsp EVOO (Extra Virgin Olive Oil)
- 2 tbsp Butter (not margarine)
- ½ lb Mushrooms cleaned and sliced.
- 2-3 Garlic Cloves, Minced
- 1.5 tbsp Flour or Corn Starch
- 1 cup Beef Broth
- ½ cup Heavy Whipping Cream
- ½ cup Sour Cream
- 1 tbsp Worcestershire Sauce
- 1 tsp Dijion Mustard
- ½ Ground White Pepper
- Salt to taste.
- 12 oz bag of Egg Noodles

Side Note: I prefer Corn Starch over Flour, because I feel flour dulls down flavor, where as corn starch thickens without compromising flavors.

As a kid, I never really liked “box” meals, like “*Hamburger Helper*”. And to be fair, I was fortunate enough to grow up with many well-seasoned experienced cooks from all over the country and world, so these meals were seldomly offered to me as a kid.

Now by all means I wasn’t living off of Caviar and filet mignon, just many different types of old school cooks doing the best they could with what they had. And I am proud to say, I learned almost everything I know about cooking from them all. So, this is not your “box” Stroganoff, and it may take some extra effort but for a great meal vs a easy one, this Beef Stroganoff takes the win every time.

Directions

Prepare Egg Noodles according to packaging. I do add a little (1 tsp) of kosher salt to pasta water.

Cut Beef tenderloin in to 1”x1” cubes or the closest to it.

Season beef cubes with salt and pepper.

In a large cast iron pan or skillet, on med-high heat brown beef cubes till almost done.

Remove beef cubes from pan and set aside.

Add butter to pan/skillet and let melt.

Add minced garlic to pan, than add in onions and mushrooms and sauté till onions are slightly translucent.

Add corn starch/flour to pan and mix with a whisk till smooth.

Add beef broth to pan while constantly scraping sides and bottom of pan to deglaze pan or left any/all bit and mix well.

Add Heavy whipping Cream and continue to mix completely with whisk.

Bring sauce to a simmer, add Worcestershire sauce and continue whisking.

Before you add in the sour cream, you are going to want to temper it by adding 2 tbsp of sauce from pan to the sour cream and mix well. This will keep the sour cream from curdling when you add it to the sauce. Once sour cream is tempered, add to sauce in pan and mix well.

Once all ingredients are combined add mustard and white pepper to sauce and mix well.

Add cooked beef cubes back to pan and let simmer for 10-15 mins, or till beef is fully cooked.

Severe over noodles. Sometimes I will add a sliced green onion on top for aesthetic and a little flavor. My youngest son loves onions and eye pleasing foods, lol.

The

Kitchen



Gypsy

