



RUSSIAN

Beef Stroganoff

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Involved	4	20 min	20 min	Pan-fry	Tenderloin

Ingredients

- 600 g (1½ lb) beef tenderloin tail or centre, cut into strips 1 cm × 5 cm (½ × 2 in)
- 1 tsp salt, divided
- ½ tsp black pepper
- 2 tbsp neutral oil, divided
- 2 tbsp butter, divided
- 1 onion, thinly sliced
- 250 g (9 oz) mushrooms, sliced
- 1 tbsp all-purpose flour
- 250 ml (1 cup) beef stock
- 1 tbsp Dijon mustard
- 1 tsp tomato paste
- 150 ml (⅔ cup) sour cream, at room temperature
- 2 tbsp chopped dill or parsley
- Buttered egg noodles, rice or fried potatoes, to serve

Steps

1. Pat the beef dry and season with ½ tsp salt and the pepper. Let it sit for 10 minutes.
2. Heat 1 tbsp oil in a large heavy skillet over high heat until it just starts to smoke. Pan-fry half the beef in a single layer for 1 minute per side, until browned but still rare inside. Move to a plate and repeat with the remaining beef.
3. Lower the heat to medium. Add the remaining oil and 1 tbsp butter. Cook the onion for 5 minutes until soft and golden, then add the mushrooms and cook for 5–6 minutes more until browned and their liquid has cooked off.
4. Add the remaining butter, sprinkle with flour and stir for 1 minute. Pour in the stock a little at a time, stirring to avoid lumps, then add the mustard and tomato paste.
5. Simmer for 4–5 minutes until the sauce is slightly thickened and glossy. Season with the remaining salt.
6. Take the pan off the heat and let it stop bubbling, then stir in the sour cream so it does not curdle.
7. Slide the beef and its juices back in and warm gently for 1 minute, no more, so the meat stays pink and soft.
8. Scatter with dill and serve over noodles.

Notes

- **Other cuts:** sirloin, strip or rib-eye work well, and a less expensive cut will be fine if sliced thin.
- **Pickles:** a few chopped dill pickles stirred in at the end give the traditional tang.
- **Sour cream:** use full-fat; low-fat versions split when warmed. Whisk a spoonful of the hot sauce into it first to warm it gently.
- **Pair with:** a crunchy dill-pickle and cucumber salad, or buttered peas.
- **Twist:** stir in 1 tsp smoked paprika with the flour for a smoky, diner-style version. It is non-traditional.