



## Beef Stroganoff

### Culinary Love Recipe

#### Ingredients

- 750g fillet steak, in one piece
- salt & pepper
- 1 tablespoon of flour
- 60g of butter
- 2 medium onions, finely sliced into rings
- 250g of button mushrooms, finely sliced
- 1 tablespoon of tomato paste
- 2/3 cup of sour cream

#### Method

1. Cut steak into slices about 1/4 of an inch thick, and then into strips about 2 inches long and 1/4 of an inch wide.
2. Season the steak pieces well with salt and pepper and then toss in the flour.
3. Heat 30g butter in a heavy frying pan, fry onion rings till just colored, about 10 minutes.
4. Remove to plate with slotted spoon.
5. Add mushrooms to pan and fry for a few minutes or till softened. Remove to plate with onions. Add remaining butter to pan and heat. Fry beef strips over high heat for 3-4 minutes, shaking pan to keep pieces of meat on the move.
6. Return onions and mushrooms to pan and shake over a medium heat for 1 minute to heat through.
7. Season generously with salt and pepper. Add tomato paste and sour cream and then cook a few more minutes longer (about 5), stirring gently to combine ingredients.
8. Serve at once or keep warm by transferring mixture to a saucepan & stand it in a pan of hot water for 10 minutes with a lid on. Serves 4 as a main meal with vegetables or noodles or rice.

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