

Recipe

Beef Stroganoff

Chef's Notes

Coating the beef with seasoned flour before cooking allows for a “fond” to form on the bottom of the pan. A technique called “deglazing” is then used to thicken the sauce and build the flavors. This technique also allows for the dish to be made in one pan (except for the pasta water pot).

The term “fond” refers to the browned particles found on the bottom of the pan after browning meat or vegetables. “Deglazing” refers to the technique for dislodging the fond from the pan and incorporating the flavors into the sauce using wine, stock, or other liquids.

Ingredients

2 lbs. beef sirloin steak, tenderized and cut into 1/2 inch cubes
16 oz. white mushrooms, cut into 1/2 inch slices
1 large onion, sliced 1/4 inch from end to end
2 large garlic cloves, minced
3/4 cups all-purpose flour
2 tsp. kosher salt
1 tsp. dry mustard
1 tsp. paprika
1/2 tsp. curry powder
1/2 tsp. ground cumin
1/2 tsp. ground black pepper
2 Tbls. vegetable oil
1/2 cup dry sherry or red wine



- 1/2 cup sour cream
- 2 cups beef broth
- 1 Tbls. dijon mustard
- 1 Tbls. Worcestershire
- 1 tsp. soy sauce
- 2 Tbls. minced parsley (also, reserve some fresh parsley leaves and rough chop for garnish)

Directions

- Trim away any larger, sinewy or extra fatty pieces from the beef and discard
- Place the beef between two sheets of plastic wrap; place on a cutting board and pound lightly to tenderize (if you do not have a meat-tenderizing mallet, use your fist)
- Cut the meat into 1/2 inch cubes and set aside
- Slice the mushrooms into 1/2 inch slices (if they are smaller mushrooms just cut in half)
- Slice the onion into 1/4 inch slices (sliced from end to end) and set aside separately
- Peel and mince the garlic and set aside separately
- Mix the flour, salt and other dry spices together in a large bowl
- Add the beef cubes to the seasoned-flour mixture and toss lightly until the meat is well coated
- Leave the beef in the flour, including any excess that is not sticking to the meat in the bowl
- Add the vegetable oil to a Dutch oven or large sturdy stock pot, and heat the pot on medium-high until the oil is shimmering
- Add the onions to the hot oil and stir until well-coated. Reduce to medium-low heat and sauté the onions for about 15 minutes to caramelize until soft and light brown in color
- Turn the heat back up to medium-high and add the sliced mushrooms and garlic, then sauté until the mushrooms are soft
- Add the floured beef, continuing to cook on medium-high heat



- Cook the meat into the mushroom and onion mixture, stirring often; the meat and flour coating should brown and get lightly crispy edges, with the flour forming a sticky, brown fond on the bottom of the pan
- Add the Sherry or wine once the meat is mostly cooked through (about medium-well); the pan should be hot, and the liquid should steam quickly letting off a quick burst and sizzling sound. *Be careful not to let the steam burn you.*
- Once the steaming has settled, turn the heat up to high
- Using a flat-edged wooden spoon scrape the fond off of the bottom of the pan dislodging all the browned bits from the pan into the liquid. (You will notice the wine and floured beef will thicken with the mushrooms quite a bit beginning the formation of the stroganoff sauce)
- Add the beef stock to the pan and reduce the heat to low, incorporating the stock well into the mixture
- Allow the meat to tenderize further by cooking it in the sauce and simmering on low heat for about 20 minutes
- At the end of cooking add the Dijon mustard, Worcestershire, soy, fresh parsley and sour cream; mix until well-blended
- If the sauce is thicker than desired, add up to 1/2 cup of hot water a few tablespoons at a time until you've reached the desired consistency
- Serve over hot egg noodles or rice, and garnish with fresh rough chopped Italian parsley

