

# BEEF STROGANOFF

Preparation time: 20mins  
Total cooking time: 25mins  
Serves: 4

## INGREDIENTS:

|                                     |   |
|-------------------------------------|---|
| 500g (1lb) rump steak               | 2 tablespoons tomato paste                    |
| Cooking oil spray                   | ½ cup (125ml/4 fl oz) beef stock              |
| ¼ teaspoon paprika                  | ½ cup (125ml/4 fl oz) low-fat evaporated milk |
| 1 onion sliced                      | 3 teaspoons cornflour                         |
| 250g (8oz) button mushrooms, halved | 3 tablespoons chopped fresh parsley           |

## METHOD:

Remove any excess fat from the steak and slice into thin strips. Cook in batches in a large, lightly greased non-stick frying pan over high heat until just cooked. Remove from the pan.

Lightly spray the pan and cook the onion, paprika and mushrooms over medium heat until the onion has softened. Add the meat, tomato paste, stock and ½ cup (125ml/4 fl oz) water. Bring to the boil, then reduce the heat and simmer for 10mins.

In a small bowl, mix the evaporated milk with the cornflour. Add to the pan and stir until the sauce boils and thickens. Sprinkle with parsley.

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## EXAMPLE OF A TRADITIONAL RECIPE:

**This version is from Lynn Visson's *The Complete Russian Cookbook* and is credited to Victoria Martin.**

|                                 |  |
|---------------------------------|--|
| 2 lbs. sirloin, cut into strips | 1 medium onion, chopped                  |
| 1/2 cup flour                   | 1/2 lb. mushrooms, sliced                |
| 1/2 tsp salt                    | 1.5 cups sour cream, at room temperature |
| Pepper                          | 3 Tbsp Dijon-style mustard               |
| 9 Tbsp butter                   |  |

Combine flour, salt and pinch of pepper. Dredge meat in flour and sauté quickly in 6 Tbsp. butter until well browned. Remove from heat.

Fry onion in remaining butter for 2-3 minutes. Add mushrooms and continue to sauté on med-high heat until mushrooms are soft and liquid is thickened and reduced (6-8 minutes).

Add to meat and simmer 5 minutes.

Combine sour cream and mustard. Add to meat mixture and simmer on low for a few minutes until heated through and blended. Do not boil.

Season to taste with salt and pepper.

If sauce is too thick, thin with a few drops of milk.

Serve at once with noodles or rice.