



Beef stroganoff is a Russian dish that has been adopted world-wide. Quite easy to make, it is packed full of flavor. The addition of sour cream makes a creamy gravy-like sauce that works well with noodles or French fries. Use either stewing beef or tenderloin for best results.

Beef Stroganoff

Ingredients

3 cups cubed beef	1/2 cup sour cream
2 small onions, chopped	Egg noodles
1 whole garlic clove, chopped	1 tsp salt
1 cup cremini mushrooms, halved	1 tsp pepper
1/4 cup flour	1 tbsp salt
2 cups beef stock	1 tbsp cornstarch
1 cup Shiraz red wine	
2 tbsp butter	
2 tbsp tomato paste	

Instructions

Preheat oven to 350°F.

Sprinkle 1 tsp salt and the pepper into the flour. Mix well. Dust the beef pieces with the flour and set them aside. In an oven ready pot, melt the butter and fry the beef pieces until browned on all sides. Remove the browned beef and set it aside. In the same pot add the onions, garlic and mushrooms and cook for 3 minutes or until the onions are translucent. Add the wine and deglaze the pot, making sure to remove any brown bits from the meat. Reduce the wine for 3 minutes. Add the tomato paste and cook for an additional minute. Add in the meat and any juices released to the pot. Season with salt. Add the stock, cover and bring to a boil. Once the liquid is boiling, transfer the pot to the oven and cook for 2 hours.

Mix the sour cream with the cornstarch. After 2 hours, remove the pot from the oven and stir in the sour cream and cornstarch into the sauce. Return to the stovetop and heat through for 10 minutes. Serve over prepared noodles.

Note: Egg noodles should be prepared according to package directions. Approximately 1 cup of uncooked noodles per person.