

## Beef Stroganoff

Beef Stroganoff is a classic Russian dish of diced beef served in a cream sauce.

It is enjoyed in nearly every region of the world and has many regional variations. I developed this recipe after a careful review of both classic and modern versions of the

dish. Unfortunately, in America, hamburger and cream of mushroom soup have been combined into an unholy union and have been called beef stroganoff. That is really unfortunate.



Beef Stroganoff is neither a mild or overpowering dish. It is a dish filled with subtlety in both flavor and texture. The overtones of the wine and the cognac give a fruity aftertaste and the texture of the medium rare tenderloin or filet mignon is almost like melting butter in your mouth.

This dish has evolved over the centuries and perhaps one of the greatest evolutionary steps forward came in 1912 when both tomatoes and onions were added to the dish. These two ingredients added a new depth and dimension to an already classic epicurean delight.

I lived in Portugal and while there I gained a great love of olive oil. Olive oil adds a distinctive Mediterranean flavor to this dish. If you would prefer a more French version of the dish you could substitute any light flavorless vegetable oil for the olive oil and substitute minced shallots for the yellow onion.

In Russia, stroganoff is served with potato straws (seasoned match stick french fries) but in America the egg noodle has become a constant companion to stroganoff. I encourage you to make your egg noodles from scratch and please use real butter (European style butter is best) never substitute margarine for butter in a

recipe. Margarine has a different melting temperature and water content than butter and as such performs poorly when substituted for butter.

So if you have never had authentic beef stroganoff before I envy you the opportunity to taste this classic staple of the European table. If you like the hamburger and mushroom soup concoction that people call beef stroganoff, I encourage you to make this dish and then rename what you have been making; because, after tasting this you will never want to call the other “beef stroganoff” again.

Enjoy.

**from** William J. Burnett

**time** Cook Time

**yield** Yield

**category** Category

**cuisine** Cuisine

**ingredients**

1 Tblsp tomato paste

1 1/2 Tsp corn syrup

1 1/2 Tsp white vinegar

1/2 Tsp sugar

1/2 Tblsp dry white wine

1/2 Tblsp dark mustard

1 cup beef broth

pinch salt

pinch fresh ground white pepper

pinch fresh ground black pepper

1 pound choice or prime\* beef (sirloin, filet mignon, or tri-tip sirloin)

2 Tblsp olive oil

1 pound fresh thin sliced mushrooms (any variety)

1/2 medium yellow onion minced

1/2 clove fresh minced garlic

1 - 2 Tblsp of cognac (brandy)

1 Tblsp butter

1 Tblsp olive oil

1/2 cup sour cream

salt & pepper to taste

Roux

- 1 Tbsp clarified butter
- 1 Tbsp all-purpose flour

**directions**

1. Combine tomato paste, corn syrup, vinegar, sugar, salt, white wine, mustard, and beef broth in a two cup measuring cup or bowl and set aside.
2. Slice beef into .25" x 2" x 1" cubes.
3. Saute beef in 2 Tbsp hot olive oil for no more than 2 minutes. Do not crowd the pan.
4. Remove the beef to a holding dish.
5. Over medium heat, saute the minced onion and garlic in the meat drippings and olive oil for 2 - 3 minutes or until the onions become glassy.
6. Add sliced mushrooms and cognac\*\* to the onions and garlic and cook for an additional 8 minutes over medium-low heat stirring often.
7. Add the beef broth mixture from step one and return the beef to the mixture. Reduce heat and allow to simmer for 10 minutes. The beef should still be medium rare when served.
8. Immediately after adding the beef back to the mixture create a roux in a small frying pan by heating the clarified butter and then adding the flour to the butter. You want to stir this constantly with a whisk and cook it until it becomes a nutty light brown or tan color.
9. As soon as it reaches this color stir the roux into the beef and mushroom mixtures. If you have worked fast enough you will have about five minutes left for the beef to simmer. This roux will add a slight amount of thickness to the sauce and will provide a delicate nutty flavor.
10. Just prior to plating the stroganoff stir in the sour cream, salt and pepper to taste and serve immediately over homemade egg noodles.

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- notes:**
- Never use select or utility grade meat in this recipe.
  - Cognac is flammable. Please turn off your heat source before adding any alcohol to any recipe and have a tight fitting lid nearby as well as a fire extinguisher. You have been warned.
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