



### **BEEF STROGANOFF**

THERE ARE SOOOOO MANY VARIATIONS OF THIS DISH THAT IT IS NOW DONE TO 'YOUR OWN TASTE'

AMONG THE USUAL INGREDIENTS I HAVE SEEN CARROTS, PEAS, CELERY, GHERKINS, TOMATOES, PEPPERS, OKRA. THE ORIGINAL WAS MADE WITH FILLET STEAK BUT THIS WILL MAKE IT A VERY EXPENSIVE DISH FOR FEEDING THE 'GANG' AND SO THESE DAYS IT IS MORE POPULAR TO USE SIRLOIN OR STEWING BEEF. THE TYPE OF MEAT YOU USE WILL DETERMINE THE LENGTH OF



TIME YOU COOK YOUR DISH

INSTEAD OF JUST USING 'SOUR CREAM' YOU CAN MAKE A SAUCE USING FLOUR, THE FAT FROM COOKING THE MEAT, MILK, WINE, CREAM.....MAKE THE SAUCE LIKE THE BEEF BOURGUIGNON BUT USING MILK/CREAM INSTEAD OF THE STOCK.....THIS IS SUPPOSED TO BE A ' CREAMY SAUCE'

### **HERE IS A SIMPLE RECIPE FOR BEEF STROGANOFF**

#### **SERVES 8**

1 KG FILLET STEAK CUT INTO PIECES  
100ML OIL  
2 TABLE SPOONS BRANDY  
6 SHALLOTS  
100G MUSHROOMS  
BUNCH OF FRESH TARRAGON LEAVES CHOPPED  
300ML SOUR CREAM

HEAT THE OIL, BROWN THE MEAT STIRRING CONSTANTLY FOR 4 MINUTES, ADD THE BRANDY AND SET ALIGHT. REMOVE MEAT FROM THE PAN, ADD SHALLOTS AND TARRAGON, COOK FOR 2 MINUTES, ADD MUSHROOMS COOK FOR 1 MINUTE  
ADD HALF PINT OF WATER AND THE SOUR CREAM . BOIL FOR 5 MINUTES. ADD THE MEAT AND REHEAT FOR 3 MINUTES.  
THIS DISH IS COOKED IN 15 MINUTES BECAUSE WE USE FILLET.

**CHICKEN STROGANOFF** IS MADE THE SAME WAY JUST REPLACING THE BEEF WITH CHICKEN BUT BE CAREFUL WITH YOUR COOKING TIME AS IT TAKES ONLY MINUTES  
YOU CAN ALSO CHANGE THE SAUCE TO 'WHITE' SAUCE JUST ADD