

RECIPE NAME:Beef Stroganoff
RECIPE TYPE:Beef
TIME:.....35 minutes
MAIN INGRED:beef
LINK TO:....

QUANTITY.....INGREDIENTS.....

1-1/2 lbs. filet of beef
1 Tbls. oil
1 Tbls. butter
1 onion, finely chopped
1 clove garlic, chopped
1 cup sliced mushrooms
2 Tbls. flour
1 tsp. paprika
1-1/4 cups beef broth
1 tsp. tomato paste
1/2 tsp. Bovril (optional)
1/2 tsp. marjoram
1 cup sour cream
2 Tbls. parsley, finely chopped

DIRECTIONS

Trim the beef and cut it into thin strips about 1-1/2" in length and 1/2" thick. Heat the oil and butter and fry the beef over high heat for 4 minutes until it has browned. Remove the beef.

Lower the heat and fry the onion and garlic in the same pan for 3 minutes. Add the mushrooms. Cook until the mushrooms are lightly browned. Stir in the flour and paprika and add the beef broth gradually, stirring to form a thick sauce. Add the tomato paste, Bovril, and marjoram. Add the sour cream a little at a time. Do not let the sauce become too hot or the cream will curdle. Return the beef to the pan and continue cooking until the beef is hot. Garnish with parsley and serve on a bed of rice.

Note: the beef will be cooked in