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Beef Stroganoff

This dish of sliced beef in a sour cream sauce garnished with straw potatoes was named for the Stroganov family of Russian merchants. The inventor was plainly familiar with French cuisine (browning meat to make a pan sauce was not a Russian technique)—no surprise in a country whose wealthiest sent their chefs to train in France. The sour cream, however, is distinctly Russian. —*Darra Goldstein, from "Classy Dish" (September/October 2000)*

SERVES 4

INGREDIENTS

4 tbsp. unsalted butter
2 tbsp. flour
1 tsp. dry mustard
1 cup beef stock
¼ cup sour cream
1 small yellow onion, thinly sliced
1½ lb. beef tenderloin, cut into 3" x 1" x ⅛" slices
Kosher salt and freshly ground black pepper, to taste
Canola oil, for frying
4 russet potatoes, peeled and sliced into ⅛" matchsticks
2 tbsp. finely chopped parsley



(/gallery/Best-Comfort-Foods)

Credit: Todd Coleman

INSTRUCTIONS

1. Heat 2 tbsp. butter in a 2-qt. saucepan over medium heat. Add flour and dry mustard, and cook, stirring, for 2 minutes. Gradually add stock, whisking constantly, and bring to a boil; cook until thick, about 2 minutes. Stir in sour cream, remove from heat, and set aside.
2. Heat remaining butter in a 12" skillet over medium heat. Add onion, and cook until soft and lightly golden, about 5 minutes. Increase heat to high, add meat, and cook until just cooked through, about 3 minutes. Reduce heat to low, add reserved sauce, and season to taste with salt and pepper. Cover to keep warm.
3. Meanwhile, pour oil to a depth of 1½" in a 4-qt. saucepan, and heat over medium heat until a deep-fry thermometer reads 365°. Working in batches, fry potatoes until golden and crisp, about 3 minutes. Drain on paper towels; season to taste with salt while still warm.

4. Spoon stroganoff onto a serving platter, and cover with a mound of jumbled straw potatoes. Garnish with parsley.

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