

July 19, 1997

Beef Stroganoff

6 tablespoons butter, margarine, or vegetable oil

1 small onion, chopped finely

2 pounds beef tenderloin, sirloin steak, or flank steak, cut into thin strips against the grain

½ pound mushrooms, sliced

Salt to taste (about 1½ teaspoon)

Pepper to taste (about ¼ to ½ teaspoon)

1/8 teaspoon nutmeg

1 cup sour cream (or light sour cream), at room temperature

1 tablespoon cornstarch mixed with about 2 tablespoons water (optional)

Melt 3 tablespoons butter in a saucepan. Add onions and cook slowly until onions become transparent. Add beef and stir-fry over high heat until brown. Remove onions and beef from saucepan. Add 3 tablespoons butter and stir in the mushrooms; cover and cook for about 3 minutes. Add salt, pepper, and nutmeg. Bring to a simmer. Add sour cream (don't allow to boil). Add onions and beef back to the saucepan and heat through. Can bring to boil and add mixture of cornstarch and water if want to thicken the sauce (cook, stirring constantly, for about 30 seconds).