

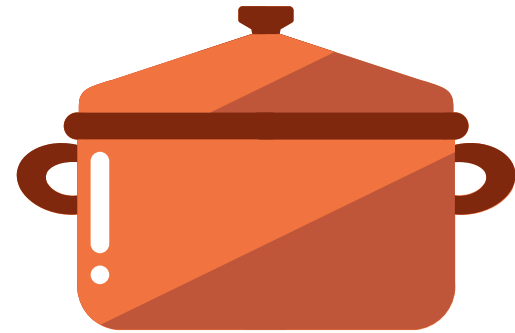
# Traditional Beef Stroganoff

**Serves 4**    *Prep Time 15 mins Cook Time 15 mins*



## Ingredients

- 2 tbsp oil
- 2 tbsp butter
- 250g button mushrooms, sliced
- 2 tbsp plain flour
- 400g steak (rump, sirloin or flank), sliced
- 1 onion, sliced
- 1 garlic clove, crushed
- 150ml sour cream/ creme fraiche
- 1 tsp mustard
- 125ml beef stock
- 1 tbsp tomato paste
- black pepper
- Parsley to garnish (optional)
- bay leaf (optional)
- rice, mash, pasta to serve



## Method

1. In a large frying pan, heat 1 Tbsp of butter & 1 Tbsp oil. Toss the beef slices with the flour and add them to the frying pan. Cook until browned, 2-3 minutes each side, remove from the pan and set aside.
2. Add 1 Tbsp butter & 1 Tbsp oil to the same frying pan. Over a medium heat, fry the onions for 5 minutes. Add the mushrooms and fry for 3-4 more minutes.
3. Add the beef stock, mustard, and tomato paste to the pan, add the bay leaf if using, scraping the bottom of the pan to pick up any stuck bits.
4. Simmer the mixture over medium heat for 10-15 minutes,
5. Place the sour cream/ creme fraiche into a small bowl and mix a little of the broth from the pan with the cream to warm it. Pour the warmed sour cream/ creme fraiche mixture into the saucepan and mix to combine. This will stop it splitting.
6. Season with lots of black pepper. Add the beef and warm for another 3-4 minutes. Remove the bay leaf and garnish with chopped parsley.
7. Serve the stroganoff along with a side of potatoes, mash, pasta or rice