

# beef stroganoff

recipe: adapted slightly from a recipe handed down to me by  
Rosie Beaucoup, original source unknown, and perhaps lost at sea

This is the meal I requested every year on my birthday as I was growing up - it is best served over egg noodles.

- 1.5 lb of lean beef round or fillet of beef, sliced into two inch strips
- salt and pepper, to taste
- 3 tablespoons butter or margarine
- 1/2 lb fresh mushrooms, sliced (I use a 16 ounce pkg)
- 2 medium onions, sliced or diced into medium sized pieces
- 2 tablespoons all-purpose flour
- 2 cups beef bouillon, broth or stock (I use sodium-reduced broth)
- 2 tablespoons tomato paste
- 1 teaspoon dry mustard (mustard powder)
- 3 tablespoons sherry
- 1 cup sour cream
- 1 package wide egg noodles

Season the beef strips with salt and pepper and let stand (in refrigerator) as you prepare the other ingredients - let stand for up to two hours.

Melt two tablespoons of butter over medium-high heat in a large, heavy skillet. Sauté the mushrooms until tender (5-10 minutes), then remove and set aside. In the same skillet, sauté the onions until soft and slightly browned (about 5 minutes), then remove and set aside (throw 'em in with the mushrooms). Next, melt the remaining tablespoon of butter in the skillet and then brown the meat on all sides, but don't cook it all the way through. Remove the meat with tongs, leaving any drippings in the skillet, and set aside (I throw the beef on top of the awaiting mushrooms and onions).

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## beef stroganoff continued...

Whisk the flour into the drippings remaining in the skillet. Gradually add the beef broth, stirring/whisking constantly, until smooth and slightly thickened. Whisk in the tomato paste, dry mustard and sherry, and blend thoroughly, making sure no lumps of anything remain.

Add the mushrooms, onions, meat and any accumulated drippings back into the skillet and cook over low heat for 20 minutes. (This is a good time to cook your egg noodles.) Blend in the sour cream about 5 minutes before serving and heat through.

Serve over egg noodles.