

Jason Pettit – Capital Radio Recipe



Easy Beef Stroganoff is a classic Russian / Eastern European sauteed beef recipe that is finished in a sour cream & mustard sauce. Super quick and easy to prepare.

Ingredients – serves 4 people

500 gm	beef steak (rib eye / sirloin – sliced into 20mm strips)
250 gm	mushrooms (scrubbed, cut into 5mm slices)
1 lg	onions (peeled, sliced thinly)
2 Tbsp	grape or apple juice
1 Tbsp	mustard (English or Dijon)
1 cup	strong beef stock
2 Tbsp	oil
2 Tbsp	butter
	salt & black pepper
1 Tbsp	chopped parsley (to finish)

Serving suggestions – Steamed Rice | Pasta | Boiled or Mashed Potatoes

Method

Preparation

At least half an hour before you want to cook, lightly season the sliced steak with salt and black pepper and add the oil.

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Massage the oil and seasonings into the meat gently and set aside.

Cooking

Heat a large sauté / frying pan over a high heat until almost smoking. Scatter a single layer of steak slices into the pan and leave for 30 seconds before turning.

After another 30 seconds, remove slices from the pan.

Repeat until all slices are seared.

Lower the heat to medium and add 1 Tbsp of butter.

When the butter foams add the sliced onions. Sauté for 2 minutes until softened then add the remaining 1 Tbsp of butter.

When the butter has melted add the sliced mushrooms and toss several times to coat in butter.

Increase heat to high and cook for 2 minutes, tossing / stirring several times.

Add the juice to the pan and once boiling, stir the mustard into the mix – scrape the pan to release anything stuck to the bottom.

Add the stock and soured cream and bring to a gentle simmer whilst stirring. **DO NOT BOIL!**

Add the rested steak strips and juices to the pan and stir through.

Taste the sauce and adjust the seasoning if needed.

Turn off the heat after 1 minute and serve garnished with chopped parsley.

Notes from the chef:

Beef fillet and bavette / flank steak can also be used.

The steak slices must be brought to room temperature before cooking.

If you cannot find sour cream, then crème fraiche may be substituted.

If you have more time, then you can lower the heat to medium and cook the onions for longer until lightly caramelised.

Do not boil the sauce or the sour cream will split and separate.

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Tbsp - tablespoon |
1 cup liquid = 240ml (approx.) |

Tsp - teaspoon