

Beef Stroganoff

Cook Time: 60 minutes

3 servings

Ingredients

1 tbl powdered mustard

1 tbl sugar

2 tsp salt

2-3 tbl vegetable oil

1 cup thinly sliced onions

1/3 pound fresh mushrooms, stems removed, thinly sliced

½ pound beef, rib eye or filet

1 tsp black pepper

1 pint sour cream

Directions

In a small bowl combine the mustard, 1 ½ tsp of the sugar, a pinch of salt and enough hot water (perhaps a tablespoon) to form a thick paste. Let the mustard rest at room temperature for about 15 minutes.

Heat 1 tbl of the oil in a heavy 10-12 inch skillet over high heat until a light haze forms above it. Drop in the onions and mushrooms, cover the pan and reduce heat to low. Stirring from time to time, simmer 20-30 minutes, or until the vegetables are soft. Drain them into a sieve, discard the liquid and return mixture to the skillet.

Slice meat into ¼ inch thick strips about 1-2 inches long. Heat 2 tbl oil in another heavy 10 to 12 inch skillet over high heat until very hot but not smoking. Drop in the meat and tossing the strips constantly with a large spoon, fry for 2 minutes or so until the meat is lightly browned. With a slotted spoon transfer the meat to the vegetables in the other skillet. Stir in the remaining salt and pepper and the mustard paste. Stir in the sour cream, a tablespoon at a time, then add the remaining ½ tsp of sugar and reduce heat to low. Cover the pan and simmer 2 to 3 minutes, or until the sauce is heated through. Taste for seasoning.