

Pasta of the Month – Beef Stroganoff

This beef and pasta dish is believed to have originated in Russia in the 19th century. As the story goes, the chef to Count Pavel Stroganov created the recipe for a contest and named it after his employer.

The fact is, the chef that entered the contest did so after Stroganov died! So no one really knows where it originated except it is very much a Russian dish!



Pasta of the Month

BEEF STROGANOFF



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Here is my version of the Russian Classic:

What you need:

- 1 pound of beef round steak, sliced thin
- 1/8 cup all-purpose flour
- 1 teaspoon sea salt
- ½ teaspoon pepper
- 3 cups sliced crimini (brown) mushrooms
- 3 Tablespoons olive oil

- 3 large cloves of garlic, crushed
- 2 Tablespoons butter
- 3/4 cup of chicken broth
- ¼ cup heavy cream
- 1/3 cup Marsala wine or sherry
- ½ cup sour cream
- 3 Tablespoons chopped green onion
- 3 cups cooked noodles
- Chopped parsley to garnish

How to Do it:

Heat the olive oil in a pan. Add the mushrooms and cook until wilted and starting to brown.



Add the garlic and the butter and cook for one to two more minutes.

Mix the salt and pepper with the flour. Cut the beef into bite sized pieces then toss it with the mixture to coat.



Add the meat to the mushrooms. Cook until the meat begins to brown lightly.



Add the broth and simmer gently until the meat is tender and the liquid is thickened. Stir in the cream and the Marsala and simmer until the liquid is a gravy like consistency.

Gently stir in the green onion and the sour cream and heat through. Add salt and pepper to taste.

Serve the meat mixture hot over the noodles with parsley to garnish.



Serves 4-6

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Here are some other pasta dishes you might enjoy:

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