

From the kitchen of David and Jennifer Deaven

\$id: beef_stroganoff.v 1.1 2020/02/18 02:19:32 deaven Exp \$

- Servings: 6
2. Heat (C) in skillet, sear meat for a few minutes and reserve.
 3. Add (D) to skillet and saute until golden. Add (E) and continue to saute until onions are translucent.
 4. Deglaze with (F), add (G), return meat to skillet, and cook for 5 minutes more.
 5. Serve over (H).

Meat/Beef Stroganoff

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- A: 1 1/2# beef sirloin
B: 2T flour
2t paprika
1/2t cayenne pepper
C: 1T canola oil
D: 1T butter
1# mushrooms, quartered
E: 1T butter
1 onion, sliced into short crescents
F: 1/4C white wine
G: 1C heavy cream
1t Worcestershire sauce
1t Dijon mustard
H: 12oz wide egg noodles, cooked and drained
1T butter

1. Slice (A) against the grain into 1cm wide slices, pound out a bit, and slice into 2cm strips. Dredge in bowl with (B) combined and place on plate.



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