

LIZ'S STATION COOKING
MARCH 2009

SIMPLE BEEF STROGANOFF



Preparation time: 20 minutes

Cooking time: 1 ½ hours

Total Ingredients: 10

Cooking ability score: Easy

Enough for: 8 people

This recipe designed to cater for those who don't eat mushrooms also.

- 2kg reasonable quality steak / beef
- 1-2 cups Plain Flour, seasoned well with Salt & Pepper
- 2 onions, sliced
- 4 large tomatoes diced, OR an 800g tin diced tomatoes
- 600g Sour Cream, OR 1 cup Evaporated Milk with 4 tsp Vinegar
- 300g Sliced Mushrooms (more if required)
- ½ tsp Nutmeg
- Oil to fry meat in
- 500g Pasta, Noodles or Spaghetti

Cut meat into strips about 1cm thick and 6 -8cm long. Roll in seasoned flour.
Brown the strips in a non-stick pan with oil.

Using same pan, sauté onions until golden, add to meat. Add tomatoes. Mix all well, and then divide accordingly into 2 saucepans - 1 for the mushroom eaters and one other, unless they all eat mushrooms, then all into one saucepan. Sauté mushrooms, place into mushroom eater's saucepan.

Place enough water over meat mixture/s to just cover, bring to boil stirring well, then reduce to simmer for 1 $\frac{1}{2}$ hours, stirring regularly as it will stick easily. If more water is required, only add in small quantities or the mix will get too watery.

When near ready to serve, cook pasta according to directions, and set aside. Drain off any excess fluids from meat mixture. Stir in sour cream and nutmeg, turning off stove as soon as mixed through. Serve immediately with pasta, noodles or spaghetti.