

Fall Beef & Mushroom Stroganoff

Yield: 4 servings

Sour cream can curdle if added directly to hot liquid. To prevent curdling, temper the sour cream by stirring a little of the hot liquid into it and then adding the warmed sour cream mixture to the pan.

Ingredients:

1 1/2	T	Vegetable oil
12	oz.	White button mushrooms, wiped clean and halved then quartered
		Kosher salt and ground black pepper
3/4	#	Beef stew meat (chuck roast) cut into 1/2-inch long, 1/8-inch-wide strips
1/2	cup	Beef broth
1	T	Unsalted butter
1	each	Small onion, minced (1/2 cup)
1	t	Tomato paste
1 1/2	t	Dark brown sugar
1	T	All-purpose flour
1/2	cup	Chicken broth
1/2	cup	Dry white wine
1/3	cup	Sour cream
8	oz.	Egg noodles, cooked in salted water, drained, and tossed w/ 2 tablespoons butter

Procedure:

1. Heat 1 tablespoon oil in heavy-bottomed 12-inch skillet over medium-high heat until hot and shimmering, about 2 minutes; swirl to coat pan. Add mushrooms and cook over high heat; season with salt and pepper, stirring occasionally until lightly browned. Transfer to medium bowl.
2. Return skillet to high heat, add remaining 1/2 tablespoon oil: swirl to coat pan. Place the seasoned chopped meat in skillet. Using tongs, spread the meat into single layer, making sure that strips do not touch, and cook without turning until well-browned on first side. Turn strips and cook on the second side. Transfer to bowl with mushrooms.
3. Add beef broth to skillet, scraping up browned bits on pan bottom with wooden spoon; simmer until broth is reduced to 1/4 cup, about 3 to 4 minutes. Transfer broth to bowl with mushrooms and beef, scraping skillet clean with rubber spatula.
4. Return skillet to medium-low heat and add butter; when butter foams, add onion, tomato paste, and brown sugar. Cook, stirring frequently, until onion is lightly browned and softened; stir in flour until incorporated. Gradually whisk in chicken broth and wine; increase heat to medium-high and bring to boil, whisking occasionally, then reduce heat to medium-low and simmer until thickened. Whisk liquid from mushrooms and beef into sauce and simmer to incorporate. Stir about 1/2 cup of hot sauce into sour cream, then stir mixture back into sauce. Add mushrooms and beef; heat to warm through, about 1 minute. Adjust seasonings with salt and pepper and serve over buttered egg noodles.