



We're at ?R? in our Around The World for £4 Or Less experiment. So it had to be Beef Stroganoff really....

This is what Wikipedia has to say:-

? Beef Stroganoff or beef Stroganov is a Russian dish of sautéed pieces of beef served in a sauce with Smetana (sour cream). From its origins in mid-19th-century Russia, it has become popular around the world, with considerable variation from the original recipe. ?

Well we're not sure if this is the original recipe, but it's a pretty good gig regardless. We had a piece of rump steak from the local supermarket in the freezer which cost the princely sum of £1.97, so we're well within budget with this one.

Ingredients:-

Decent Beef, cut into strips. (You don't need a vast amount of steak as the sauce is quite rich.)

1 Onion, sliced

50g Butter or Margarine

100g of Mushrooms, quartered

1 tbsp Flour (We used Gluten free)

1 Beef Stock cube

A pinch of Mustard powder

1 tbsp Tomato Purée

220g Crème Fresh / Sour Cream

Salt & Pepper to season

Method:-

- (1) Season the Beef strips with Salt & Pepper.
- (2) Sauté the Onions until they are translucent.
- (3) Add the Mushrooms and stir for 2 minutes.
- (4) Add the Beef and sauté 5 minutes.
- (5) Stir in the Flour.
- (6) In a bowl dissolve the stock cube in 500ml of hot water and add the Mustard powder and Tomato Purée and blend well.
- (7) Add this to the pan and bring to the boil, reduce the heat and simmer for 10 minutes.
- (8) Spoon some of the sauce into jug with the Crème Fresh / Sour Cream and mix. This will stop it splitting.
- (9) Add the tempered Crème Fresh / Sour Cream to the pan.
- (10) Season to taste.

We served ours on a bed of boiled rice with a salad and pickled Courgette strips to add a bit of colour.