

NUTRITION: Lazza's Kitchen

Beef Stroganoff

Lazza is still trying out new recipes
Today - he makes his first ever Beef Stroganoff

The dish is named after one of the members of the influential Stroganov family.
A legend attributes its invention to French chefs working for the family,
but several researchers point out that the recipe
is a refined version of older Russian dishes.



1 onion: 1 or 2 clove garlic pressed: Oil to fry
250g sliced mushrooms
500g of beef steak - sliced or diced
1 tablespoon plain flour
1 tablespoon butter
150g crème fraîche
1 teaspoon English mustard
100 ml beef stock
parsley chopped

In a non stick pan, fry the onion until nice and soft, then add the garlic
Add the butter, and when foaming add the mushrooms until soft (5 mins)
Season well, and then tip onto a waiting plate
In a bowl, put the flour and some black pepper and toss the steak pieces in it
Put the steaks into the pan (adding oil if a little dry) and brown the meat.
Top the onion, garlic, mushroom mix back in.
Mix well and then add the crème fraîche, mustard and beef stock.
Cook on a medium heat for around 5-10 minutes.
Scatter the parsley over the top.
Serve as you wish - maybe rice, pasta, jacket potato, or with a salad.



Three weeks on the trot I have managed to
produce very tasty meals.
This Beef Stroganoff is alcohol free
(apparently some recipes have it).
But the mix of onion, mushroom, beef, with
the crème fraîche and beef stock, has once
again stunned me.
Please give this a go.



During this pandemic I decided to try a new hobby - cooking.
Something I have never really experimented with. And it is going so well.
Why not try out some new recipes and foods yourself?
This was a great and very tasty meal to prepare.
I stun myself every week. If I can do it, so can you. Try something new!!!