

Beef Stroganoff

Beef stroganoff is named after Count Pavel Alexandrovich Stroganov. There is debate whether the Russian count or his French chief came up with dish. This recipe from the 1870s is quite different from modern recipes, because it does not use mushrooms or any vegetables.

Note: Use a tender cut of beef like strip steak. It is best to use fresh allspice and grind it yourself

Ingredients

2 lbs. beef
2 teaspoons salt
1 teaspoon allspice
8 Tablespoons butter
2 Tablespoons all-purpose flour
1 ½ teaspoons Dijon mustard
1 ½ cups beef stock
1 teaspoon ground black pepper
2 heaping tablespoons of sour cream
Noodles
Water
Oil
Salt

Utensils

knife and cutting board
measuring cup
measuring spoons
mortar and pestle
mixing bowl
deep skillet
spatula
plate
wooden spoon
cookpot
strainer

Chop the beef into 1-inch cubes. The butcher can do this for you. Make the beef stock. Good beef stock can be bought at the store. Grind about 15 allspice berries. This should make 1 teaspoon of ground spice. Place the beef in the mixing bowl along with the salt and ground allspice. Toss until the meat is completely covered. Place the uncovered mixing bowl in the refrigerator to rest for about 2 hours. This

will allow the spices to penetrate the meat. The dish can be prepared up to this point in advance.

Bring water, oil, and salt to a boil in the cookpot on the stove. Add the noodles. Cook until the noodles are done, and then strain them and keep them warm.

Over medium heat, melt 6 tablespoons of the butter in the deep skillet and add the meat. Make sure not to overcrowd the meat in the pan. You may need to cook the meat in batches. Brown the meat on all sides, turning once or twice. When the meat is brown all over, remove it from the pan and set it on a plate. Pour off any liquid in the pan, but leave any brown bits stuck to the bottom of the pan. This will add a great deal of flavor to the sauce.

Melt the remaining 2 tablespoons of butter in the pan. When the butter is foaming, and using a wooden spoon, stir in the flour. Keep stirring the flour for about 4 minutes or until it is a light brown color. Slowly add the beef stock, stirring constantly. Be sure to stir up any brown bits stuck to the bottom of the pan. Cook for 1 minute at a simmer. Do Not boil.

Stir in the mustard and black pepper. Bring it back to a simmer and let it simmer for 2 to 3 minutes. When the sauce has thickened up, stir in the sour cream. Keep stirring until all the ingredients have combined. Add the meat to the sauce and stir until the meat is fully coated in the sauce. Bring to a simmer and let it cook for 2 minutes. Serve hot over the noodles.