BEEF STROGANOFF

Prep time
5 min

Cooking time
25 min

Portions
4



Beef Stroganoff

Ingredients

2 tbsp olive oil
1 onion, finely chopped
1 tbsp freshly minced garlic
500 g minced beef, lean or regular
200 g mushrooms
2 tbsp plain flour
2 tbsp tomato paste
1 tbsp smoked paprika
1 tbsp Worcestershire sauce
350 ml beef stock
½ tsp salt
60 g (¼ cup) full-fat sour cream

Equipment

measuring cups
measuring spoons
chopping board
knife
garlic press
large, deep frying pan
wooden spoon
measuring jug

Method

Step 1 Heat the olive oil in a large, deep frying pan over medium-high heat. Add the onion and cook for 3–4 minutes until softened. Add the garlic and cook for 30 seconds.

Step 2 Add the beef mince and cook, breaking it up with a wooden spoon, until browned and cooked through.

Step 3 Add the mushrooms and cook for 4–5 minutes until softened and most of the liquid has evaporated.

Step 4 Sprinkle over the flour and stir for 1 minute. Add the tomato paste, smoked paprika and Worcestershire sauce. Stir and cook for another 30 seconds.

Step 5 Gradually pour in the beef stock, stirring well to prevent lumps. Add the salt and simmer for 5–7 minutes until the sauce thickens.

Step 6 Turn off the heat and stir in the sour cream until smooth. Taste and adjust the salt if needed. Serve hot over rice or pasta.

Chef Notes

- Break up mince with a wooden spoon and cook until browned to develop flavour.
- Allow mushrooms to brown and release their moisture before adding the other ingredients.
- Onion, garlic and paprika add depth to the sauce.
- Lower the heat before stirring it in to prevent the sauce from splitting.
- Adjust the consistency: If the sauce is too thick, add a splash of beef stock or water. Serve with rice or pasta.

Skill Badges

