

★ U.K. ★ BBQ ★ Week ★



Indirect grill



Final Temp
64°C/145°F



20 mins



£8.50



6 servings

RECIPE

Beef Stroganoff



INGREDIENTS

675g/1½ lb beef fillet, preferably cut from the tail end (It can be made with Sirloin which will make the dish cheaper)

65g/2½oz unsalted butter

1½ tbsp paprika (hot Hungarian, if you like a little subtle heat)

1 large onion, very thinly sliced

350g/12oz button mushrooms, thinly sliced

3 tbsp sunflower oil

300ml/10fl oz soured cream

2 tsp lemon juice

small handful of parsley leaves, finely chopped

salt

freshly ground black pepper

METHOD

1. Cut the steak into 1cm strips.
2. Melt the butter in the griddle, add the paprika and onion and cook slowly until onion is soft but not browned.
3. Add the mushrooms and fry gently for three minutes, transfer to a plate and keep warm.
4. Using the same pan heat the sunflower oil until very hot.
5. Add the fillet and fry quickly seasoning and turning as you do for around a minute. You do not want to overcook the steak. Transfer to a plate.
6. Return the onion/mushroom mixture to the pan add the sour cream and bring to the boil, simmer for a minute until thickened.
7. Return the steak to the pan and heat gently for one minute. The beef should not be cooked any further.
8. Stir in the lemon juice and parsley.
9. Serve with buttered noodles or rice.

Recipe from **Chillin N Grillin**