

# Sher Wagyu Beef Stroganoff *Recipe by Rita Erlich*



**Serves 4**

The Russian aristocracy left its legacy in food. Their fondness for Paris, a strong sense of hospitality, and their high regard for French chefs meant that classic 18<sup>th</sup> and 19<sup>th</sup> century French cooking had many dishes named for Russian nobles. Beef Stroganoff is one of those dishes. The Stroganoffs were a wealthy aristocratic family with substantial landholdings, and it is likely that the dish was created for Pavel Stroganoff, one of Tsar Alexander III's ministers. He had a French chef called Charles Brière, who submitted his recipe in 1891 to a French journal. But the dish is probably older than that, since a simpler version appeared in an earlier Russian cookbook.

It's a rich but simple dish, quickly prepared. Think of it as a stir-fry with added sour cream. It is best made in small quantities, for four or five people. This recipe can easily be halved. Swiss brown mushrooms are best, but white cultivated will do well, too.

**650g Wagyu fillet, cut into fine strips, about 5cm long**

**150g mushrooms**

**1 medium onion**

**70g butter**

**Scant tablespoon flour**

**1 rounded teaspoon powdered mustard**

**200ml beef stock**

**200g sour cream**

**Freshly chopped parsley**



Season the beef with salt and pepper. . Slice the onion as finely as possible. Slice the mushrooms.

Heat 20g butter in a frying pan over moderate heat, and fry the onions until they soften and turn golden. Add the sliced mushrooms, and when they have wilted, transfer the onions & mushrooms to a warm bowl.

## **For the sauce**

Mix the flour and mustard together.

Heat 20g butter in a small saucepan, and when the butter has melted, add the flour and mustard, then stir well. Add the stock, and keep stirring until it thickens a little. Add the sour cream, and stir well.

Turn off the heat, and leave to one side.

Heat the fry pan, and add the remaining 30g butter. Just before it browns, add the wagyu beef strips, and turn the heat to moderately high. Cook the strips, turning often, until there is no trace of pink.

Turn the heat down, then add the mushrooms and onion. Stir for a minute so all is well mixed and hot, then add the sauce. Cook for a minute or two, sprinkle with the chopped parsley, and serve.

*The traditional Russian accompaniment was potato straws. Some people like buttered noodles, others prefer rice. Small potatoes are good, too. A green salad makes a crunchy and refreshing side dish.*

*A simpler version: mix a good teaspoon of prepared mustard with a teaspoon of flour and then stir in the sour cream until the mixture is smooth. Add to the beef, mushrooms and onion and stir well until everything is mixed and hot. The flour is useful because it stops the sour cream curdling.*