

BEEF STROGANOFF

(from Ruth Reichl)

- 3 + 1/2 Tbs butter
- 1 Tbs flour
- 1 cup beef stock (homemade if available)
- 1 pound filet mignon, cut in 1-inch pieces
- salt and pepper
- 2 Tbs olive oil
- 1/2 cup shallots, thinly sliced
- 3/4 pound cremini mushrooms, quartered
- 3 Tbs sour cream
- 1 Tbs Dijon mustard
- 2 Tbs fresh dill, minced



Make a roux by melting the butter and whisking in the flour, cooking for 2 minutes, stirring. Slowly add beef stock, stirring constantly. Bring to a boil, reduce heat, and simmer for about 3 minutes. Remove from heat and reserve, keeping it warm.

Dry the pieces of beef with a paper towel, season with salt and pepper. Heat 1 Tbs olive oil on a large skillet and brown the meat on both sides, but do not try to cook it completely. Transfer the meat to a plate and reserve. Add remaining tablespoon of oil to the skillet and cook the shallots for about 3 minutes. Add the mushrooms and cook for 8-10 minutes, until all the moisture evaporates, and they start to brown.

Return the meat with its juices to the pan. stir to combine and transfer to a serving plate. Reheat the reserved sauce over low heat, add the sour cream, mustard, dill, season with salt and pepper. Pour sauce over beef and serve over noodles of your choice.