

Beef Sirloin, Stroganoff Style

The mushrooms can be cooked separately and served on the side, which is a nice option for vegetarians. The beef and mushrooms can also be served atop a rice pilaf instead of egg noodles.

INGREDIENTS:

- ☐ ½-1 ounce dried porcini
- ☐ 1½ pounds beef sirloin
- ☐ Kosher salt and pepper
- ☐ Olive oil
- ☐ ¼ cup Marsala
- ☐ 1 medium onion, chopped
- ☐ 2 teaspoons minced garlic
- ☐ 3 tablespoons unsalted butter
- ☐ 12-16 ounces mushrooms (cremini, shiitake, chanterelle, etc. or mixture) cleaned and sliced or quartered into bite-size pieces
- ☐ 1 cup chicken stock or broth
- ☐ 1 large sprig thyme
- ☐ 1 bay leaf
- ☐ 12 ounces egg noodles, medium width
- ☐ ¼ cup demi-glace (see Note)
- ☐ ½ cup sour cream
- ☐ 2-3 tablespoons Wondra flour (see Note) mixed with 5-6 tablespoons cold water or broth

INSTRUCTIONS: Rinse the dried porcini then rehydrate in 1 cup very hot water. When fully hydrated, remove porcini and set aside; strain the soaking liquid through disposable coffee filters (to remove any grit) and reserve.

Trim any silver skin and excess fat from the beef then cut into ¾-inch cubes. Season cubes with salt and pepper, then brown over medium heat in just enough olive oil to coat the bottom of a large saute pan. You may need to do this in batches. Remove beef from pan and set aside.

Deglaze the pan with the Marsala, as long as the fond or browned bits are nicely browned and not burned. (If the fond has burned, wash the pan or use a clean one, then add the Marsala after the onions, garlic and mushrooms have cooked.) Add the

onions, plus additional oil if needed. Cook the onions until slightly soft, then add the garlic. When the garlic is aromatic, add the butter, the rehydrated porcini and fresh mushrooms and additional salt and pepper to taste. Cook mushrooms until tender, stirring occasionally — about 5-10 minutes.

Add reserved mushroom soaking liquid, broth, thyme and bay leaf; bring to a boil, then reduce heat to a hard simmer for about 10 minutes.

Meanwhile, cook the noodles according to package directions and drain.

Remove the thyme and bay leaf from the pan; add some water if mixture has reduced too much. Whisk the demi-glace and sour cream into the saucy mushrooms, and add just enough of the Wondra-water mixture to thicken to

the desired consistency. The sauce will need to simmer a minute or two before it begins to thicken.

Return the beef to the pan just before serving to rewarm. The sauce will continue to thicken as it sits, so stir in additional warm water or broth as needed.

Serve over noodles.

Note: Demi-glace is an enriched veal stock that can be found frozen or as a shelf-stable concentrate. Wondra flour mixes quickly and smoothly into liquids without lumps, though this sauce can be thickened with a basic roux made from equal parts flour and butter.

Serves 6

PER SERVING: 560 calories, 37 g protein, 46 g carbohydrate, 24 g fat (10 g saturated), 147 mg cholesterol, 263 mg sodium, 4 g fiber.