

James Beard's Beef Stroganoff

SERVES 6-8

One of many timeless recipes featured in *American Food Writing* is James Beard's take on this comforting noodle dish, pictured (left). "There are many different versions," the chef writes in *The James Beard Cookbook* (Dell Publishing, 1959), the book from which the excerpt is taken. "Beware of those that specify long cooking. Beef stroganoff is much better when prepared quickly."

- 1½ lbs. filet of beef**
- 6 tbsp. butter**
- Olive oil**
- 2 tbsp. chopped green onions, white and green parts**
- ¼ cup white wine or vermouth**
- A.1. sauce or worcestershire sauce**
- 1½ cups sour cream**
- Salt and freshly ground black pepper**
- Chopped parsley**
- Cooked egg noodles**

- 1.** Cut the beef into very thin slices, or, as Beard recommends, ask your butcher to do it for you.
- 2.** Melt 4 tbsp. of butter in the pan and get it as hot as you can without burning; if you add just a bit of olive oil to the butter it helps prevent it from turning brown. Sauté the beef slices in the hot fat very quickly. When they are delicately browned on both sides and done (this takes only a minute or two), remove them to a hot platter. Add remaining butter and the chopped green onions and cook for a minute. Then add white wine or vermouth and a dash or two of A.1. sauce or worcestershire sauce and the sour cream. Stir well and heat through, but do not boil, or the sour cream will curdle. Salt to taste and pour the sauce over the beef. Top with a sprinkling of freshly ground pepper and chopped parsley. Serve atop egg noodles.