

Beef Stroganoff

From, [I'm Just Here for the Food](#), Alton Brown; Stewart, Tabori & Chang; 2002; p. 173.

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	2 pounds inexpensive beef roast, such as eye of round
	Kosher salt
	Freshly ground black pepper
	Flour for dredging
	3 tablespoons butter
	2 tablespoons canola oil
	4 tablespoons minced shallot
	1½ tablespoons minced garlic
	½ pound brown mushrooms, thickly sliced
	¾ cup red wine
	½ tablespoon Dijon mustard, blended into 2 tablespoons beef stock (so it will incorporate easier)
	2 to 2½ cups beef stock
	2 beef bouillon cubes dissolved in 2 to 2½ cups beef stock
	4 tablespoons sour cream

Serves 4

	Instructions
1)	One hour before cooking, place the roast in the freezer. It will firm it up and make it easier to slice. Cut the meat into ½-inch strips. Season the meat and the flour liberally with the salt and pepper. Allow the meat to rest a few minutes so the salt can pull a little moisture to the surface, then dredge in seasoned flour.
2)	Heat the electric skillet to its hottest temperature. When the thermostat light goes out, add 1 tablespoon each of the butter and the oil. When the butter begins to foam, add just enough of the meat to barely cover the bottom of the skillet. Do not crowd the pan. Turn the strips until they're brown on all sides, then remove to a rack resting over a pan. Continue browning the meat in batches, adding more butter and oil as needed.
3)	When all of the meat has been browned, pour off any grease from the pan, add the remaining butter, then add the shallot, garlic, and mushrooms to the skillet and sauté until brown. Using a shaker or sifter, sprinkle a couple of teaspoons of the seasoned flour over the top of the vegetables and toss to coat. Deglaze the skillet with the wine, using a spatula to scrape up any stubborn bits.
4)	Stir in the mustard and sour cream and return the meat and any drippings to the skillet. Add enough beef stock to barely cover the meat. Drop the temperature to a simmer (between 180° and 200° F), and cover. Cook for 45 minutes, stirring occasionally. Stir in sour cream and serve over wide egg noodles or rice.