

# Beef Stroganoff



Recipe courtesy of Geoffrey Zakarian

Show: The Kitchen Episode: A Hug on a Plate



Level: Easy

Total: 3 hr 30 min

Active: 30 min

Yield: 4 servings

## Ingredients:

- 1 tablespoon canola oil
- 4 tablespoons unsalted butter
- 1 1/2 pounds beef stew meat, cut into thin strips about 2 inches long and 1/2 inch wide
- 2 cups button mushrooms, sliced
- 2 cloves garlic, minced
- 1 medium Spanish onion, sliced
- 2 cups beef stock
- 2 tablespoons soy sauce
- 2 tablespoons grainy mustard
- 1 bay leaf
- 4 sprigs fresh thyme
- 12 ounces extra-wide egg noodles
- 1 cup sour cream
- 3 ounces cream cheese, cut into cubes and softened
- Kosher salt and freshly ground black pepper
- 1/2 cup fresh parsley, roughly chopped

## Directions:

- 1** In a Dutch oven or large, heavy pot over medium-high heat, add the oil and 2 tablespoons of the butter. Heat until the butter is melted and the oil is hot. Add the meat in batches and brown on both sides, about 3 minutes per side; set aside. Add the mushrooms, garlic and onion to the pot. Cook, stirring frequently, until the onions are translucent and slightly tender, 5 to 8 minutes. Add the meat back along with the beef stock, soy sauce, mustard and bay leaf. Bring to a simmer, using a wooden spoon to scrape up all the brown bits from the bottom of the pot, and simmer, covered, until tender, about 2 hours and 50 minutes. Add the thyme and cook for an additional 10 minutes.
- 2** Meanwhile, bring a large pot of water to a boil. Cook the egg noodles in the boiling water according to the package instructions. Drain the noodles and transfer to a bowl. Add the remaining 2 tablespoons butter to the noodles, stirring to melt the butter and distribute it.
- 3** Add the sour cream and cream cheese to the stroganoff and stir to incorporate. Season with salt and pepper if needed.
- 4** In a serving dish, place the egg noodles in an even layer and top with the stroganoff. Garnish with the chopped parsley.

