

Beef Stroganoff with mushrooms, cloves flavored basmati rice

Recipe for 4 persons

Description

Recipe from the Russian repertoire; thin strips of beef sautéed and served with a creamy sauce with onions and mushrooms on top of basmati rice flavored with cloves.

Note

For this recipe you can use the tenderloin, striploin or Boston cut which will all be very tender if you sauté them a few minutes only.

Ingredients

For the beef Stroganoff

- 600 Gr Boston cut beef
- 200 Gr Button mushrooms
- 1 Unit(s) Onion
- 2.50 Ml Paprika
- 125 Ml White wine
- 125 Ml 35% cooking cream
- 6 Sprig(s) Parsley

- Vegetable oil
- Salt and pepper

For the basmati rice

- 200 Gr Basmati rice
- 2 Unit(s) Cloves

- Vegetable oil
- Salt and pepper

Preparation

- Preparation time **30 mins**

General preparation

Cut beef into thin strips. Cut the mushrooms into quarters. Chop the onion. Chop the parsley.

Basmati rice preparation

In plenty of boiling salted water, add the cloves and cook rice for 8 to 10 minutes. Drain and keep warm.

Beef stroganoff preparation

Season the beef strips with salt, pepper and paprika. In a skillet, heat a drizzle of vegetable oil and sear the beef strips over high heat, to get a nice golden color. Keep aside. In the same pan, fry the onion, add mushrooms and let them color a few minutes, stirring. Deglaze with white wine, let reduce by half and add cream. Let simmer a few minutes until the sauce thickens slightly, then add parsley and cooked beef strips. Warm up for 1 minute.

To serve

On your plate, serve the basmati rice using a cookie cutter and place the beef stroganoff on top or in

a small casserole dish on the side. Garnish with some parsley leaves.

Bon appétit!