



"The Local Buy" Recipe, Episode 301

Beef Stroganoff

Courtesy Rumbleway Farm and Chef Ward Tatnall

Ingredients

- Sliced steak (you can substitute chicken for a different flavor)
- Sliced white or cremini mushrooms
- Diced shallots (or onion); shallots have a milder onion-garlic flavor
- Brandy
- Heavy cream (some substitute sour cream)
- Dijon or Dusseldorf style mustard



How to portion a professional recipe: 4 oz meat per person; equal volume of mushrooms; 1 shallot for every 4 servings (unless they are very small); ¼ cup cognac; teaspoon to tablespoon mustard; ½ cup cream.

Directions

Sauté shallots and mushrooms. Then add slices of steak seasoned with salt and pepper. Deglaze pan with cognac, add a teaspoon of mustard (or more to taste), and finish with cream.