

**We're at ?R? in our Around The World for £4 Or Less experiment. So it had to be Beef Stroganoff really....**

This is what Wikipedia has to say:-

*? Beef Stroganoff or beef Stroganov is a Russian dish of sautéed pieces of beef served in a sauce with Smetana (sour cream). From its origins in mid-19th-century Russia, it has become popular around the world, with considerable variation from the original recipe. ?*

Well we're not sure if this is the original recipe, but it's a pretty good gig regardless. We had a piece of rump steak from the local supermarket in the freezer which cost the princely sum of £1.97, so we're well within budget with this one.

**Ingredients:-**

Decent Beef, cut into strips. (You don't need a vast amount of steak as the sauce is quite rich.)
1 Onion, sliced
50g Butter or Margarine
100g of Mushrooms, quartered
1 tbsp Flour ( We used Gluten free )
1 Beef Stock cube
A pinch of Mustard powder
1 tbsp Tomato Purée
220g Crème Fresh / Sour Cream
Salt & Pepper to season

**Method:-**

(1) Season the Beef strips with Salt & Pepper.
(2) Sauté the Onions until they are translucent.
(3) Add the Mushrooms and stir for 2 minutes.
(4) Add the Beef and sauté 5 minutes.
(5) Stir in the Flour.
(6) In a bowl dissolve the stock cube in 500ml of hot water and add the Mustard powder and Tomato Purée and blend well.
(7) Add this to the pan and bring to the boil, reduce the heat and simmer for 10 minutes.
(8) Spoon some of the sauce into jug with the Crème Fresh / Sour Cream and mix. This will stop it splitting.
(9) Add the tempered Crème Fresh / Sour Cream to the pan.
(10) Season to taste.

**We served ours on a bed of boiled rice with a salad and pickled Courgette strips to add a bit of colour.**