

Mushroom Stroganoff

Stroganoff is a beef recipe of Russian origin which tastes equally nice if made with mushrooms or pork. It has been known since the eighteenth century, but its name appears to come from a nineteenth-century Russian diplomat called Count Paul Stroganoff. Serve with boiled rice, Mashed Potato (see the recipe on our website) or egg noodles.



Celery, egg, milk and wheat (gluten)*

Nutritional information per portion (283g):

Energy	Fat	Saturates	Sugars	Salt
428kJ 102kcal 6%	5.9g 8%	1.7g 9%	2.8g 3%	0.29g 5%

of an adult's reference intake.
Typical values per 100g: energy 151kJ/36kcal.

Equipment

Weighing scales
Clean, damp cloth
Chopping board
Sharp knife
Wok or large frying pan
Wooden spoon
Measuring spoons
Kettle
Measuring jug

Ingredients

Serves 4

1 large onion
2 cloves garlic
250g chestnut mushrooms
300g closed cup OR button mushrooms
2-3 sprigs fresh thyme
OR ½ x 5ml spoon dried thyme OR dried herbs
1 x 15ml spoon vegetable oil
1 x 5ml spoon paprika
1 x 15ml spoon plain flour
200ml boiling water
1 reduced-salt vegetable stock cube
200ml reduced-fat soured cream
Ground black pepper (optional)

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tip

- Use any combination of different mushrooms. Don't be tempted to wash the mushrooms as it will make them very watery. Just wipe away any dirt with a damp cloth.

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Method

1. Carefully peel and chop the onion into 1cm pieces and peel and finely chop the garlic. Wipe any dirt from the mushrooms and slice finely. Strip the leaves from the thyme (if using fresh) and chop finely.
2. Turn the hob onto a medium heat and heat the vegetable oil.
3. Add the chopped onion and cook until soft, stirring regularly. This should take about 5 minutes.
4. Add the sliced mushrooms and garlic and cook for another 5 minutes, stirring, until the mushrooms are turning golden.
5. Mix in the paprika and flour.
6. Measure 200ml boiling water into the measuring jug, crumble in the stock cube and stir to dissolve.
7. Stir in the vegetable stock. Cook for about 5 minutes until the sauce has slightly thickened.
8. Stir in the soured cream and add the fresh or dried herbs and black pepper to taste (if using).
9. Continue cooking until the sauce is hot, but not boiling.

Something to try next time

- If you prefer a meat version use 250g of mushrooms and after step 5 put the onions, garlic and mushrooms to one side in a bowl. Add another 15ml spoon of oil and brown 200g of beef or pork strips. Then add the onion, garlic and mushroom mix into the pan and continue but add a little more water if too thick.
- If you want to be very adventurous add a handful of gherkins chopped into small strips. It sounds odd but tastes very nice.

Prepare now, eat later

- Stroganoff is very quick to make and is best eaten straight away.

Skills used include:

Weighing, measuring, peeling, chopping, frying and boiling/simmering.