



Beef Stroganoff

Recommended
cut

Shoulder clod, Chuck roll

Cooking
time

20
min

Level of
difficulty



Ingredients (serves two)

Japanese Wagyu (thinly sliced shoulder clod, chunk roll) 150g (5.3 oz)
Salt, pepper To taste
Onion 1/2
Mushrooms 4
Butter 20g (0.7 oz)
Weak wheat flour 8g (0.3 oz)
White wine 15cc (1 tablespoon)

(A)

Beef bouillon 100cc (0.4 US cup)
Tomato paste 18g (0.6 oz)
Paprika powder 6g (0.2 oz)
Fresh cream 40cc (2.7 tablespoons)
Cooked rice To taste
Parsley To taste

How to cook

1. Cut beef into 2cm (0.9 in) slices and dust with salt, pepper and flour. Cut the onion into wedges. Slice the mushrooms 5mm (0.2 in) thick.
2. Melt half of the butter in a frypan over medium heat, saute the onion and mushrooms until wilted, and move them to the edges of the pan. Add the remaining butter and stir-fry the meat while separating the pieces.
3. Pour in the white wine and raise the heat to evaporate the alcohol. Reduce the heat, add cooking sauce (A) and simmer while stirring occasionally. When the sauce thickens, remove from the heat and season with salt and pepper.
4. Place rice on a plate, pour the stroganoff sauce from step 3 over the rice and sprinkle chopped parsley over it before eating.