

BEEF STROGANOFF

Last Modified: 11/19/2019

PREP: 20 Min
COOK: 35 Min+
PRESSURE COOKER

F EASY

PRESSURE COOKER

MAKES 8 SERVINGS

| QUA | MEASURE | INGREDIENT | PROCESS |
|-------|-----------|----------------------------|----------|
| 3 | Pounds | Beef Stew Meat | Pre-Cut |
| 3 | Pounds | White Mushrooms (Optional) | Sliced |
| 2 | Tbsp | Canola Oil | |
| 1 +/- | Pinches | Kosher Salt | To Taste |
| 1 +/- | Pinches | Fresh Ground Black Pepper | To Taste |
| 3 | Cloves | Garlic | Minced |
| 1 | 16 Oz Pkg | Wide Egg Noodles | |

SAUCE

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|-------|---------|--------------------------------------|-----------|
| 3 | Cups | Beef Stock (Swanson) | |
| 3/4 | Cup | Sour Cream (Breakstone) | To Taste |
| 1 | Large | Yellow Onion | Fine Dice |
| 1/2 | Tsp | Ground Mustard | |
| 1/2 | Tsp | Dried Thyme Leaves | |
| 1 | Tbsp | Worcestershire Sauce (Lea & Perrins) | |
| 2 | Tbsp | Soy Sauce (Lee Kum Kee) | |
| 3 | Tbsp | All Purpose Flour | |
| 1 +/- | Pinches | Kosher Salt | To Taste |
| 1 +/- | Pinches | Fresh Ground Black Pepper | To Taste |

PREPARATION

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| FACTOID | Beef Stroganoff is a Russian dish of sautéed, tender pieces of Beef in a Beefy Sauce of Mustard and Sour Cream. From its origins in mid-19th-century Tsarist Russia, it has become popular around the world, with considerable variation from the original recipe. Mushrooms are common in many variants. In Russian the dish is called Бефстроганов. I enjoyed this tender dish several times in the "Bank" Cafeteria every time I was in Moscow. They often make it substituting Pork, Chicken, Veal, Sausage or even Seafoods (be cautious to NOT Overcook) for the Beef. |
| HINTS | You could stir the Egg Noodles in just prior to Pressure Cooking, but they WILL become quite mushy & very likely to even crumble apart. Quick release the pressure and quickly stir the Noodles in for the final 5 minute Pressure Cook. |
| TOOLS | 1) 6.5 Qt Electric Pressure Cooker 2) Medium Mixing Bowl |
| PREP | DISH 1) Finely dice the Yellow Onion and set them aside. 2) Mince the Garlic Cloves and set them aside. 3) Pat the Beef Cubes dry with paper towels. |
| 1 | Preheat the Pressure Cooker using the (Brown, Fry, Saute, etc.) setting. |
| 2 | MIREPOIX: Add in the Canola Oil and wait 2 minutes. Stir in the Onions and cook for 2 minutes Stir in the Garlic and cook stirring often for another 2 minutes (until fragrant) |

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| 3 | MEAT: Sprinkle the Beef Cubes with Salt & Pepper, add them and the Mushrooms (if using) into the pot, Cook, stirring often until the Beef is browned on all sides, about 5 to 7 minutes. |
| 4 | SAUCE: In a medium mixing bowl, whisk together the Beef Broth, Soy Sauce, Thyme, Mustard, Flour, Worcestershire Sauce, Soy Sauce, Salt & Pepper until smooth. |
| 5 | STROGANOFF: Pour the Sauce over the Meat and stir to coat the Meat pieces evenly with the Sauce (Most will be submerged). |
| 6 | STROGANOFF: Close and lock the lid. Set it to cook on high pressure for 10 minutes. |
| CAUTION | REMEMBER: Each time you close & seal the Lid & set the Pressure Cooker to cook, depending upon which unit you have, there will be about a 10 minute preheat time added before the cook time you chose actually starts. ALLOW FOR IT! |
| 7 | STROGANOFF: Turn off the Pressure Cooker, Quick release the steam & open the lid. QUICKLY stir in the bag of dry Egg Noodles & reseal the lid. Set to cook on high pressure for 5 minutes. |
| 8 | STROGANOFF: Release the pressure using the quick release method and carefully |
| 9 | STROGANOFF: Thoroughly stir in the Sour Cream to taste. |
| SERVE | Serve while hot with slices of Buttered Crusty Bread on the side. |