



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 the Club Zone area of the Let's Get Cooking website) or egg noodles.

Nutritional information per portion (373g):

calories	fat	saturates	sugars	salt
216.5	15.8g 23%	6.1g 31%	3.9g 4%	1.5g 25%

of an adult's guideline daily amount



Wheat/gluten and dairy

Equipment

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

Ingredients

Serves 2
250g fresh mushrooms
1 medium onion
200ml boiling water
1 vegetable stock cube
100ml low-fat crème fraîche
1 x 15ml spoon vegetable oil
1 x 15ml spoon plain flour
1x 5ml spoon ground paprika
Black pepper (optional)



Top Tip

- If you can't find crème fraîche you can make your own by adding 1 x 5ml spoon of lemon juice to 100ml cream.





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Method

1. Carefully peel and chop the onion into 1cm pieces. Wipe any dirt from the mushrooms and slice 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 cook until nicely browned. Keep stirring.
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 crème fraîche and add 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, after step 5 put the onions 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 and mushroom mix into the pan and continue but add twice the amount of stock and crème fraîche.
- If you want to be very adventurous add a handful of gherkins chopped into small strips. It sounds odd but tastes very nice.

