

Smoked paprika Beef Stroganoff, basmati rice, green peas and red onions |

Recipe for 4 portions

Description

Slow cooked beef sirloin in a smoked paprika sauce with mushrooms, served with a red onion and pea basmati rice.

Note

You could easily replace the rice by a different side.

Ingredients

Beef Stroganoff

- 600 Gr Boston cut beef
- 55 Gr Flour
- 45 Ml Olive oil
- 227 Gr Button mushrooms
- 150 Gr White onion
- 200 Gr Red pepper
- 1 Unit(s) Chopped garlic
- 50 Ml Butter
- 100 Ml Red wine
- 200 Ml Chicken stock
- 200 Ml 35% cooking cream
- 1 Tsp Smoked paprika
- 3 Sprig(s) Flat parsley
- Salt and pepper
- Vegetable oil
- Olive oil

Basmati rice

- 500 Ml Basmati rice
- 750 Ml Water
- 0.50 Tsp Salt
- 1 Unit(s) Red onion
- 250 Ml Peas
- 8 Sprig(s) Chives
- Salt and pepper
- Vegetable oil
- Olive oil

Preparation

- Preparation time **30 mins**

Set up

Slice the beef. Rub the mushrooms with a wet cloth to clean, then slice them. Slice the onions and cut the peppers in juliennes. Chop the garlic. Blanch the peas in boiling salty water for about 6 minutes then cool them in ice bath. Chop the chives.

Beef Stroganoff

In a large bowl, mix the sliced beef and the flour using your hands, then remove the excess of flour from the meat. In a hot frying pan, add a little bit of oil than stir-fry the beef for 3 to 4 minutes then remove the meat from the pan and save it on the side. In the same frying pan, stir fry the mushrooms

and the peppers for a few minutes then put the beef back in, mix well and then sprinkle the smoked paprika over top and mix well again, than add the red wine and bring to boil. Add the chicken stock and the cream, then cook at medium temperature until you obtain a nice, smooth and creamy consistency.

Basmati rice

Rinse the rice under running cold water until the water is clear, drain well than add it in a saucepan filled with the cold water and some salt. Bring to a boil than lower the heat and cover with a lid. Melt the butter in a fry pan than sweat the red onions in it, when lightly colored add the blanched peas and mix well, add the rice and chives than mix well.

Plating

Put a ring mold in the center of a round plate than fill it with rice, place the meat and sauce around it making sure you keep the plate clean and finally garnish with a few parsley leaves.

Bon appétit!