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PILZ GROSSHANDEL

UWE BUSCHHAUS

GOOD MUSHROOMS ...

... GOOD LIFE

RECIPE: SHII-TAKE ON BEEF STROGANOFF

(4 servings)

INGREDIENTS / AMOUNT

2 pounds quality beef stew meat, round steak or sirloin steak, cut into about 1 inch pieces
1 cup chopped onion (white, red, or yellow)
4-5 minced garlic cloves
1 pound fresh shiitake mushrooms, sliced, with stems removed
16 oz. REAL (cultured) sour cream
One 8 oz. can Campbell's tomato soup
Two 8 oz. cans Campbell's cream of mushroom soup
Approximately 1 cup Burgundy (or other full-bodied red) wine
3 Tbsp. Worcestershire sauce
1-2 Tbsp. Tabasco sauce
Salt and black pepper to taste
Large bag extra-wide egg noodles
Real Parmesan cheese (for sprinkling over sauce)

PREPARATION/PROCEDURE:

Cover beef stew meat (or cubed steak) with flour (shake ingredients in a paper bag). Fry in vegetable oil or olive oil until lightly browned on the outside (this will help to keep the meat moist and juicy). Put browned meat into a large kettle, and add the onion, garlic, and mushrooms. Combine all the remaining ingredients (EXCEPT the sour cream) under low heat, stirring constantly; then increase heat until mixture just begins to boil. Return sauce to simmer, and cover kettle. Cook for AT LEAST one hour, stirring mixture occasionally, and taste-testing to adjust ingredients. Add some salt to another kettle of water, and bring to a rapid boil. Add sour cream to sauce about 20 minutes before serving, stirring it in well, and increasing heat slightly. Leave sauce uncovered at this point. Cook pasta according to package directions until *al dente*; drain and rinse with hot water. Spoon sauce generously over pasta on plates, sprinkle with Parmesan Cheese, and SERVE.

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(Source: OLG Hamburg, version of 17 July 80, Schulze OLGZ 229, p.7 – on using parts of a recipe)

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