

Leftover Meal: Stroganoff

Serves 1

Leftover Roast Beef, Pork or Chicken

Mushrooms – any variety you like

½ onion

1tsp garlic puree or minced garlic

Smoked Paprika

Tomato Puree

Crème Fraiche or Sour Cream

Brandy

Rice or Pasta for Serving

You will also need the store cupboard items:
Oil, Salt, Pepper

The Stroganoff:

This is a quick easy and very tasty dish whether you are using raw or leftover meat, you could also just have a variety of mushrooms for a vegetarian version.

Method:

Dice or slice your onions, slice your mushrooms, I like to leave the mushrooms quite big as they add great texture to the dish that way.

In a frying pan with a little oil, fry off the onions and the mushrooms, you want a fairly high heat to get good colour on the vegetables, this adds to the flavour, the simpler a dish is, the more care you have to take to get the full impact of the few ingredients.

Once the vegetables are well coloured and cooked through, add a splash of brandy and let it cook out.

Add about a teaspoon of smoked paprika and a teaspoon of tomato puree, mix them in to the dish.

Add in the tub of Sour Cream, and mix well.

Add in your cooked meat now, and let the meat warm through in a gentle simmer. If you find the sauce is getting too thick, you can add some water or stock.

Chef's Tip: Traditionally a stroganoff is made with a fillet of beef, if you are using raw meat, you can slice your meat, sear it very well in a hot frying pan, remove it and start from there with your onions and mushrooms. Add the semi cooked meat back in at the end like we are

doing with the cooked meat to finish off the cooking.

The Rice or Pasta:

Stroganoff can be served with rice or pasta, Pappardelle or Tagliatelle are normally used as pastas, broad ribbon stands are ideal. Simple boiled rice can also be used. In the busy world we live in, packets of microwaveable rice are perfectly acceptable I think as long as you cook them right, if you break up the grains and put them in a bowl, add a little drop of water, and cover in cling film and microwave for about 2-3 minutes you will end up with perfect rice. It's so much easier and covering the bowl and adding the water just finishes the cooking of the grains.

To Plate:

Place down your rice or pasta strands, spoon over your sauce and enjoy.

What to do with the leftovers:

Leftover stroganoff with keep for a day or two in the fridge, you could spoon the cold mixture into a puff pastry parcel and bake for an easy pie.