



Rich Rib Eye Stroganoff

Grass-fed rib eye steaks are favored because of their rich flavor. Try them in this winter warming stroganoff. Not only is this a great comfort meal, you use less rib eye steaks to feed four.

Ingredients for Steak Stroganoff:

2- 12 oz. grass-fed rib eye steaks, sliced against the grain VERY thin. Remove larger bits of fat and save to cook in another dish. (100% grass-fed fat is healthy and tasty)

3 tbsp. butter and 3 tablespoon olive oil

4 tbsp. flour

3 small onions (or two small onions and two small shallots), sliced into strips or diced

12-16 oz. crimini mushrooms, sliced (or a mix of wild mushrooms)

2 clove garlic, minced or grated

Sea or kosher salt to taste

Fresh ground pepper to taste

2-teaspoon paprika

1/2-cup beef stock

1/2 cup red wine

1/2-cup sour cream

½ cup heavy cream

1 teaspoon Dijon mustard

1 tbsp. Worcestershire sauce

Preparation:

1. Pat steak dry and mix with flour. Season with salt. Melt half of the butter and olive oil in sauté pan over high heat. When it foams, sear ½ steak, letting it brown on all sides (about 4 minutes total). Remove steak from pan and let rest. Cook remaining steak the same way.
2. Lower the heat and add remaining butter and olive oil. Cook onion until translucent. Add mushrooms and cook until they release their juices. Add garlic and cook until scented.
3. Add steak back to pan.
4. Add wine and cook until it evaporates (about 8 to 10 minutes). Add beef stock and cook

- until it reduces by half. Add cream and simmer until thick-about 5-10 minutes.
5. Reduce heat to low. Add mustard and Worcestershire and cook for 1 minute. Add salt and pepper and paprika to taste.
 6. Stir in sour cream. At this point, taste and adjust. You might need a dollop more of sour cream or seasonings.

Serving:

Stroganoff is traditionally served with egg noodles. If you want to minimize your carb intake, cook a robust green vegetable such as green beans or Brussels sprouts. On the plate with your rib eye stroganoff, you will have a lovely and rich meal for 4 and you might not even miss the traditional pasta.