

俄羅斯酸奶燴牛肉

Beef stroganoff

份量：2 份

熱量：每份 505 卡路里



基本材料：

淡橄欖油	1/2 茶匙
大洋蔥	1，切條
蒜頭	3 粒，切細
牛肉湯粒	1
甜的煙紅椒粉	2 茶匙
茄膏	1 湯匙
牛肉清湯	1 罐
板栗蘑菇	150 克，切絲
法式芥末醬	1 茶匙
半脂法式酸忌廉	75 毫升
牛後臀肉 (175克)	2，切去肥膏
酸瓜	60 克，切絲

烹飪步驟：

1. 在易潔鑊中加入少量淡橄欖油及洋蔥，用慢火至中火炒 10 分鐘或直至軟化及變焦。
2. 放入大蒜碎攪拌，煮 2 分鐘。把牛肉湯粒弄碎，加入煙紅椒粉及茄膏。攪拌煮 2 分鐘。加入牛肉清湯，蘑菇和芥末醬。煮沸，用慢火再煮 10 至 15 分鐘。
3. 加熱有坑紋的鐵板。同時把牛肉放在兩塊保鮮紙中間，用肉槌槌至約5毫米薄。用噴油壺邊噴6至7下，再用鹽及胡椒調味。鐵板熱至出煙，放入牛肉，每邊烤1分鐘，放在一旁放涼。
4. 醬汁變稠後熄火，加入酸瓜、香草 (預留少許作裝飾用)，以及法式酸忌廉，攪拌。加入肉汁及其他調味料。牛肉切條，加入醬汁內，再攪拌。
5. 上碟後，以乾洋蔥片及香草裝飾，配以白飯享用。

Beef stroganoff

Serving : 2

Calorie: 505each

Basic Ingredients:

Light olive oil	1/2 tbsp
Large onion	1, finely sliced
Garlic cloves	3, finely chopped
Crumbly beef stock cube	1
Sweet smoked paprika	2 tsp
Tomato purée	1 tbsp
Tin beef consommé	A few
Baby chestnut mushrooms	150g, thinly sliced
Crème fraîche	75ml
Dijon mustard	1 tbsp
Rump steaks (175g each)	2, trimmed of all fat
Cornichons	60g, sliced

Procedures:

1. Heat the light olive oil in a large non-stick sauté pan over a low-medium heat. Add the onion and cook gently for 10 minutes or until softened and starting to caramelise.
2. Stir in the garlic and cook gently for 2 minutes. Crumble in the stock cube and stir in the paprika and tomato purée. Cook, stirring, for 2 minutes. Add the beef consommé, mushrooms and mustard. Bring to the boil, lower the heat and simmer for 10–15 minutes, until reduced by half.
3. Meanwhile, place a griddle pan over a high heat. Bash the steaks between two sheets of cling film, until about 5mm thick, then spray each on one side with 6 sprays of oil and season with salt and pepper. When the griddle is smoking hot, add the steaks and cook for 1 minute on each side. Remove and set aside to rest.
4. Once the sauce has reduced, remove from the heat and stir through the cornichons, crème fraîche, and most of the parsley and chervil (reserving some for garnishing). Stir in the juices from the resting meat and check the seasoning. Slice the meat into thick slices and stir into the sauce.
5. Mix together the dried onion flakes and reserved chopped parsley and chervil. Serve the stroganoff sprinkled with the onion and herb mix, with the rice on the side if you like.