

Available Now...

Beef

Cattle and calves is Colorado's top agricultural commodity. There are 2.5 million head of cattle in the state valued at \$2.5 billion.

Beef is full of nutrients, providing zinc, iron, protein and B Vitamins.



Look for Colorado beef at your local grocery store or at restaurants across the state.

Each month, the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state.

Visit

www.coloradoagriculture.com
for a complete list of recipes.

Colorado Beef Stroganoff

Chef Bob Holloway, CEC, Egglund's Best Eggs, Platteville, Colorado

To prepare beef sauce:

- 2 tbsp. Vegetable oil
- 1 lb. Beef sirloin, cut into 2-inch strips
- Kosher salt
- Freshly ground black pepper
- 6 tbsp. Unsalted butter
- 12 oz. Button mushrooms, quartered
- 1 Medium yellow onion, thinly sliced
- 1 tbsp. Tomato paste
- 2 tbsp. All-purpose flour
- 2 cups Beef broth
- ¼ cup Sour cream
- 2 tsp. Dijon mustard
- 2 tsp. Lemon juice, freshly squeezed
- 1 tbsp. Green onion or chives, chopped

To prepare noodles:

- Kosher salt
- 1 12-oz. package wide egg noodles
- 2 tbsp. Unsalted butter
- Freshly ground black pepper

Preheat a large skillet over medium heat for 3 to 4 minutes. Raise the heat to high and heat 1 tablespoon oil. Season half the beef with salt and pepper, add to the skillet, arranging it in a single layer, and sauté until well-browned and still pinkish inside (about 1 to 2 minutes). It is key to only partially cook the meat at this stage, since it will finish cooking later in the sauce. Transfer to a large plate and set aside. Repeat with the remaining oil and beef. Discard any excess oil.

Return the skillet to medium-high heat. Melt 2 tablespoons of the butter, add the mushrooms and stir occasionally until well-browned (about 7 minutes). Season with salt and pepper, then transfer to the plate with the beef.

Heat 4 tablespoons of butter, add the onion and stir until lightly caramelized, (about 5 minutes). Add the tomato paste and stir until lightly browned (about 1 minute more). Whisk in the flour and stir for 1 minute. Pour in the beef broth and, whisking constantly, bring to a full boil. Remove from the heat. Whisk in the sour cream, mustard, and lemon juice and season with pepper to taste. Set the sauce aside covered.

Bring a large pot of water to a boil, salt generously, and cook the noodles until tender and drain. Toss with the butter and season with pepper to taste.

Add the beef and mushrooms to the sauce and reheat over medium heat until just hot. Top noodles with the stroganoff. Garnish with green onion and serve immediately. Serves 4.

Enjoy with a Colorado wine, such as a glass of Menage from Alfred Eames Cellars, located in Paonia, Colorado.

Next Month... **Pinto Beans**