

Slow cooked beef Stroganoff

- 1 tbsp. Olive oil
- 500g Beef, diced (use a cut beef good for slow cooking)
- 1 tbsp. plain flour
- 150g shallots, peeled and halved lengthways
- 3 large cloves of garlic, crushed
- 1 tbsp. Paprika
- 1 tbsp. Tomato puree
- 20g Fresh thyme leaves (or a few stems)
- 50ml Brandy (I was generous with the brandy, a little more than 50ml never hurts)
- 1 pint beef stock
- 50ml Worcester sauce (again be generous with this, I like the spicy taste Worcester sauce brings so add more if you're like me)
- 1 tbsp. Dijon mustard
- 1/2 cup sour cream
- 20g parsley, chopped
- A handful of chestnut Mushrooms, sliced chunky (optional)
- 1 tbsp. cornflour

Pour the flour over the beef and season well with salt and pepper, then shake the bowl to cover all the chunks.

Heat the oil and brown the beef. Remove with a slotted spoon and set aside.

Add a little more oil if needed, add the shallots and cook for a few minutes until soft but not brown, add the garlic, paprika and puree. Mix well then turn up the heat and add the brandy.

Place the beef back into the pan and coat in the sauce, add the thyme leaves, stock, Dijon and Worcester sauce. Mix well then let it simmer, covered, for around 25-30 minutes or until the beef is tender.

Check for flavour or seasoning.

Add the mushrooms. Remove the lid and keep the heat on low to allow the mushrooms to cook.

Scoop out some of the liquid into a jug. Add the cornflour and whisk until smooth. Then add the cream and mix well. Add this mixture into the pan stirring well so it doesn't split. Add the parsley and mix. Bring it back to a bubble then turn off and serve up!!