

Beef shin stroganoff

- 1 tbsp. olive oil
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- 500g beef shin
-
- 1 tbsp. plain flour
-
- 300g chestnut mushrooms, quartered
-
- 6 shallots, peeled and halved
-
- 3 large cloves of garlic, crushed
-
- 1 tbsp. paprika
-
- 1 tbsp. good quality tomato puree
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- fresh thyme leaves (a few twigs)
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- 50ml Brandy (I was generous with the brandy, a little more than 50ml never hurts)
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- 1.5 pints of good quality beef stock
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- 50ml Worcestershire sauce (again be generous with this, I like the spicy taste Worcestershire sauce brings, so add more if you're like me)
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- 1 tbsp. Dijon mustard
-
- 1/2 cup sour cream
-
- 20g parsley, chopped
-
- 25g butter

Keeping the shin whole, season with salt and pepper and sprinkle over the flour until it is coated on both sides.

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

Add a little butter, add the mushrooms and cook until they are practically cooked, set aside.

Next add the shallots and cook for a few minutes until soft but not brown, add the garlic, paprika and tomato puree. Mix well then turn up the heat and add the brandy to deglaze the pan.

Pour in the stock, add the dijon and Worcestershire and stir.

Place the beef back into the pan. Make sure the liquid covers the meat; if not, add a little water.

Tuck in the thyme, cover with a lid and cook on low for about 2 hours.

Check for flavour or seasoning and check how tender the meat is.

Once the beef falls apart easily, carefully remove and set aside.

Remove the thyme twigs.

Turn off the heat and let the sauce cool slightly before adding the sour cream. If it is boiling, the sour cream will split. Mix well.

Shred the beef and add back to the pan along with the mushrooms and gently stir through.

Sprinkle in the parsley.

Bring it back to a boil, turn off and serve up!!