



Stroganoff - Beef

Beef stroganoff is a great cold weather dish. Chowgirls version has a bit more flavor with roasted garlic and marjoram. We also use yogurt instead of sour cream which gives a little more tang.

(for 6)

4 cloves roasted garlic
1 pound beef round roast or chuck roast
2 T butter
1-1/4 cups beef stock
2 T ketchup
1 T worcestershire sauce
1/4 cup red wine
1 t dried marjoram
1 t salt
1/2 t ground black pepper
3/4 pound white mushrooms, sliced
1/2 cup chopped onion
1/4 cup flour
1 cup plain yogurt

(for 85)

4 heads garlic
12 lbs pounds beef round roast or chuck roast
1 cup butter
6 quarts beef stock
1-1/2 cup ketchup
3/4 cup worcestershire sauce
3 cups red wine
1/4 cup dried marjoram
1/4 cup salt
2 T ground black pepper
9 pounds white mushrooms, sliced
6 cups chopped onion
3 cups flour
12 cups yogurt

While slicing beef into 1/2" x 2" pieces, roast whole garlic head in a small covered container with 1/4-inch of water in oven at 350° for 15 - 20 minutes. When garlic is cooled, squeeze out paste and set aside. When garlic is cooled, squeeze out paste and set aside. In a large pot or rondo, sear beef in butter. Add stock, ketchup, worcestershire, red wine, marjoram, salt, pepper and roasted garlic paste. Simmer covered on low for 45 minutes until beef is tender. Remove a cup of stock. Mix with flour until flour is dissolved and mixture is smooth. Add more stock if necessary. Whisk flour/stock mixture into stock in pot. Stir in mushrooms and onions. Cover and simmer 20 minutes until onion is tender. Whisk in yogurt. Simmer on low for another 5 minutes.

Serve over cooked egg noodles.

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