

Ingrediënten

2 tbs sweet paprika
100g flour
500g piece beef eye fillet (from the tail end), sliced into strips
¼ cup olive oil

40g butter, plus extra to serve
200g Swiss brown mushrooms, thinly sliced
3 eschalots, finely diced

2 tbs tomato paste
½ cup brandy
1 cup beef stock
2 tbs Worcestershire sauce
1 cup crème fraîche
2 tbs extra virgin oil, to serve
baby parsley, to garnish



Recept

Combine paprika, flour and 1 teaspoon of sea salt in a bowl. Toss beef in the mixture to coat. Heat 2 tablespoons of the oil in a large frying pan over high heat and sear the beef for 1-2 minutes or until browned. Remove and set aside.

Reduce heat to medium-high; add half the butter and remaining the olive oil. Cook the mushrooms until caramelized. Reduce the heat to medium, add remaining butter, eschalots and cook for a few minutes until softened.

Add the tomato paste, brandy, stock, Worcestershire sauce and bring to the boil. Reduce heat to medium, stir in crème fraîche, reserved beef and juices, then season with salt and pepper.

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<http://www.masterchef.com.au/recipes/beef-stroganoff-with-parsley-and-black-pepper-fettuccine.htm>