

# Mushroom and Beef Stroganoff

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**Gather  
& Feast**

A good stroganoff is one of those recipes worth having in your back pocket. This version uses two types of mushrooms for depth and texture, a deeply savoury, slightly creamy sauce, and proper seared beef - all piled over buttery pasta that you will absolutely be scraping the bowl for. The trick is getting a good hard sear on the beef first. Don't crowd the pan, and pull it out before it cooks through - it will finish cooking in the sauce when you add it back in at the end, giving you perfectly tender beef every time. Served over buttered pappardelle with a scattering of fresh parsley, it's just so good. Pappardelle is the natural choice here - those wide ribbons cling to the sauce beautifully - though a sturdy short pasta works just as well. Make it on a weeknight, make it for friends. You can't go wrong.

**SERVES** 4 | **PREP TIME** 20 minutes | **COOK TIME** 25 minutes | **TOTAL TIME** 45 minutes

## INGREDIENTS

### Mushroom and Beef Stroganoff

- 500g beef scotch fillet, thinly sliced against the grain
- 3 tablespoons extra virgin olive oil
- 1 large brown onion, peeled and thinly sliced
- 250g portobello mushrooms, stalks trimmed and thinly sliced
- 250g button mushrooms, stalks trimmed and thinly sliced
- 2 garlic cloves, finely crushed or grated
- 1 teaspoon fresh thyme leaves
- 1 teaspoon smoked paprika
- 4 tablespoons plain (all-purpose) flour
- 1 tablespoon Dijon mustard

- 1 teaspoon Worcestershire sauce
- 500ml beef stock
- 125ml sour cream
- 1 large handful of fresh flat-leaf parsley, finely chopped, to serve

### Buttered Pasta

- 385g dried pappardelle (or your favourite short pasta - conchiglie, rigatoni, or calamarata)
- 30g salted butter
- 125ml pasta cooking water, reserved (we won't use all of it, but safer to save more than less)

## METHOD

1. **Sear the beef:** Place a large heavy-based frying pan or skillet over high heat. Once the pan is very hot, add a drizzle of extra virgin olive oil and sear the sliced beef in 2-3 batches. Spread each batch in a single layer and cook for about 30-60 seconds - you are looking for good colour on the outside, not fully cooked through. Remove each batch and set aside on a plate. Do not overcrowd the pan, as this will cause the beef to steam rather than sear.

2. **Cook the onion and mushrooms:** Once all of the beef has been removed and set aside. Reduce the heat to medium-high. Add the thinly sliced brown onion, and both the sliced portobello mushrooms, and sliced button mushrooms, to the same pan. The pan may look dry at first - resist the urge to add more oil. As the mushrooms cook, they will begin to release their moisture. Cook, stirring occasionally, for 8-9 minutes until the onion is soft and the mushrooms are golden and any liquid has evaporated.
3. **Add aromatics and flour:** Add a drizzle of olive oil, then add the garlic, 1 teaspoon fresh thyme leaves, and 1 teaspoon smoked paprika to the pan. Stir well and cook for 1-2 minutes until fragrant. Sprinkle over the 4 tablespoons plain (all-purpose) flour and stir to coat the vegetables. Cook for a further minute to cook out the raw flour.
4. **Build the sauce:** Pour in the 500ml beef stock gradually, stirring continuously to prevent any lumps from forming. Bring to a gentle simmer, then add the 1 tablespoon Dijon mustard and 1 teaspoon Worcestershire sauce, then stir through the 125ml sour cream. Simmer for 4-5 minutes, stirring occasionally, until the sauce is thick and glossy. Taste and season with salt and pepper.
5. **Cook the pasta:** While the sauce is simmering, bring a large pot of well-salted water to the boil. Cook the 385g dried pappardelle (or your favourite short pasta - conchiglie, rigatoni, or calamarata) according to the packet instructions until al dente. Before draining, reserve about 125ml of the starchy pasta cooking water. Drain the pasta, then return it to the pot and toss immediately with the 30g salted butter and a splash of the reserved pasta water until well coated, smooth and glossy.
6. **Finish and serve:** Just before serving, add the rested seared beef back into the sauce. Simmer over medium heat for 2 minutes, until the beef is just cooked through and tender - be careful not to overcook it at this stage. Remove the pan from the heat. Spoon the stroganoff over the buttered pasta, scatter generously with 1 large handful of fresh flat-leaf parsley, finely chopped, to serve, and serve immediately.

## NOTES

**Timing tip:** aim to have your pasta draining just as you add the beef back into the sauce - that way everything is hot and ready at the same moment. The beef only needs 2 minutes in the sauce at the end, so don't rush the pasta.

**Cooking the beef:** For the best texture, slice the beef as thinly as possible (about 3-4mm). Partially freezing the fillet for 20-30 minutes beforehand makes this much easier.



**Find the recipe and watch the video online:**

<https://www.gatherandfeast.com/mushroom-and-beef-stroganoff>

Let me know if you make the recipe! x @gatherandfeast