



BEEF STROGANOFF

This Russian dish has been around for several centuries, but it wasn't until the fifties that it became all the rage in the United States (despite our fear of Communism). Here is a delicious rendition that pays tribute to the "gourmet" chafing-dish dinner party. Now, as then, beef stroganoff is a good thing to cook in front of a small crowd.

Sharpen your knife skills with our technique video.

1 2 1/2-pound piece beef tenderloin, well trimmed, meat cut into 2x1x1/2 inch strips
2 tablespoons vegetable oil

6 tablespoons (3/4 stick) butter
1/4 cup finely chopped shallots
1 pound small button mushrooms, thickly sliced
1 cup canned beef broth
2 tablespoons Cognac
3/4 cup crème fraîche or whipping cream
1 tablespoon Dijon mustard
1 tablespoon chopped fresh dill

12 ounces wide egg noodles
1 tablespoon paprika

Pat meat dry with paper towels. Sprinkle with salt and pepper. Heat oil in heavy large skillet over high heat until very hot. Working in batches, add meat in single layer and cook just until brown on outside, about 1 minute per side. Transfer to rimmed baking sheet.

Melt 2 tablespoons butter in same skillet over medium-high heat. Add chopped shallots and sauté until tender, scraping up browned bits, about 2 minutes. Add button mushrooms. Sprinkle with pepper and sauté until liquid evaporates, about 12 minutes. Add beef broth, then Cognac. Simmer until liquid thickens and just coats mushrooms, about 14 minutes. Stir in crème fraîche and Dijon mustard. Add meat and any accumulated juices from baking sheet. Simmer over medium-low heat until meat is heated through but still medium-rare, about 2 minutes. Stir in chopped dill. Season to taste with salt and pepper.

Meanwhile, cook noodles in large pot of boiling salted water until tender, about 8 minutes. Drain. Transfer to bowl. Add remaining 4 tablespoons butter and toss to coat. Season with salt and pepper. Divide noodles among plates. Top with beef and sauce. Sprinkle generously with paprika.



LOWFAT TURKEY STROGANOFF

A mixture of cottage cheese, lowfat yogurt and lemon juice replaces the sour cream in the traditional version of this dish. Ground turkey makes an especially good choice for those watching their cholesterol intake.

2 tablespoons olive oil
1 pound ground turkey
1 medium onion, chopped

2 cups sliced mushrooms
1/3 cup dry white wine
Dash of nutmeg
Salt and pepper

1 cup lowfat cottage cheese
1/2 cup plain lowfat yogurt
1 tablespoon lemon juice
8 ounces fettuccine, freshly cooked
Paprika

Heat oil in heavy large skillet over medium heat. Add turkey and onion and cook until turkey is brown, stirring occasionally, about 12 minutes. Mix in mushrooms, wine and nutmeg. Season turkey with salt and pepper. Reduce heat. Simmer 15 minutes.

Puree cottage cheese, yogurt and lemon juice in blender or processor until smooth. Add to turkey and stir until heated through (do not boil). Place fettuccine on platter. Pour turkey over. Sprinkle with paprika.

4 Servings