

Pan Seared Spiced Rib Eye with Stroganoff Sauce

This classic dish that originated in Russia in the 19th century has received an Em's Food makeover that was out of this world! You may have noticed that I like to deconstruct these old faves, play with them a little and recreate them with a little twist. It still had all the elements of the centuries old classic but with a few little additions and a different cooking method it was, in my eyes, brought into the 21st century as a meal fit for a Tsar. The combination of flavours and the melt in your mouth Rib Eye can only be described as a troupe of Russian Cossack Dancers doing a dance on the tastebuds. Insane!

Prep time: 25 Minutes
\$\$ Medium Budget

Cooking time: 25 Minutes

Serves 4

Olive oil for frying

20gm of butter

4 x 200gm Rib Eye steaks

1 tbs of smoked paprika

2 tbs of olive oil

300gm of mixed mushrooms*

2 cloves of garlic, finely chopped

1 small brown onion, peeled, halved and finely sliced

1 heaped tbs of tomato paste

1 cup of beef stock

1/4 cup of red wine

2 heaped tbs of sour cream + extra for garnish

2 tbs of finely chopped dill

1 large dill pickle, very finely diced

Sweet potato mash or plain mash to serve

Place the smoked paprika and olive oil in a shallow dish and season with salt and pepper and mix with the back of a spoon. Place the steaks in the dish and use your hands to rub the spice mix into the steaks really well and so that they are evenly coated. Heat a good, heavy based frypan to nice and hot (almost smoking) and cook the steaks for approximately 4 minutes on either side for medium rare (longer if you like it well done). When cooked, remove the steaks from the pan and transfer them to a warm plate. Cover loosely with foil to keep warm and rest.

Turn the heat down a little on the pan and add a little more oil and the butter. Fry the onions until they are just starting to soften and then add the mushrooms. Stir continuously (a bit like a stir fry) so that the mushrooms cook quickly and evenly for a couple of minutes and then add the garlic, frying it for a minute or so. Add the tomato paste and stir it through the onion and mushroom mixture still cooking over a relatively high heat before pouring in the red wine. Use a spoon to scrape all the good bits off the bottom of the pan and then add the stock. Stir to combine, season with salt and pepper and allow the sauce to reduce for about 5 minutes. Just before serving pop the sour cream, half of the dill pickles and half of the chopped dill to the pan and use a spoon or a whisk to combine.

To serve, divide mash between four serving plates and top the mash with the steaks. Spoon the sauce liberally over the steaks and garnish with a small dollop of sour cream and the remaining pickles and chopped dill.

* I found a great blend of mixed mushrooms in Woolies the other day that consisted of oyster, swiss brown, portobellos and a rather large variety that I am not sure what the name is! Obviously, if you can't find this packet then any mushroom will do. If you want it flavour packed though.....I wouldn't use button. For me they are severely lacking in flavour.