

Slow Cooked

beef stroganoff



Method

1. Place Maleny Black Angus Diced Beef and paprika in a large bowl. Season and toss to coat.
2. Heat oil in a large, deep, non-stick frying pan over medium-high heat. Cook beef in 2 batches, for 5-7 minutes, turning occasionally, or until browned gently.
3. Transfer to your slow-cooker.
4. Add onion, garlic, Maleny Black Angus Grass-Fed Beef Bone Broth, wine, sauce, mustard and remaining paprika to the pan and bring to the boil over high heat.
5. Add to slow-cooker, stirring to combine.
6. Cook covered, on low for 8 hours (or on high for 4 hours) or until beef is very tender.
7. Transfer cooked and tender Maleny Black Angus diced beef to a heatproof bowl. Using 2 forks, coarsely shred beef.
8. Return shredded beef to sauce, then add mushrooms. Stir to combine.
9. Cook, uncovered, on high for a further 15 minutes or until sauce has thickened slightly and mushrooms are cooked.
10. Cook pasta in a large saucepan of boiling water according to packet instructions. Drain.
11. Add pasta and half the parsley to the stroganoff, stirring to combine.
12. Divide among plates.
13. Serve topped with sour cream and remaining parsley.

Recipe Notes:

- If you don't have any Maleny Black Angus Diced Beef handy, you can use an equivalent weight of any Maleny Black Angus Beef Steaks, chopped in roughly 4cm pieces.
- As an alternative to pasta, you might prefer to serve your stroganoff on a bed of mashed potatoes.
- If you don't have a slow-cooker you could use a large pot on low heat on your stove and cover with a lid.

Ingredients

- 750g Maleny Black Angus Diced Beef
- 2 tbsp sweet paprika
- 2 tbsp extra virgin olive oil
- 2 small brown onions, halved, thinly sliced
- 3 cloves garlic, crushed
- 2 cups Maleny Black Angus Grass-Fed Beef Bone Broth
- 1/4 cup red wine
- 1/4 cup Worcestershire sauce
- 2 tbsp wholegrain mustard
- 200g Swiss brown mushrooms
- 500g dried pappardelle
- 1/3 cup continental parsley leaves, coarsely chopped
- 1/2 cup sour cream

Serves: 6 people

Prep Time: 25 minutes

Cooking Time: 8 hours 30 minutes

