

Beef Stroganoff

500g	Fillet of beef, tail end
60g	Butter
40g	Shallots, finely chopped
400ml	Cream
1/2	Lemon, juice of
	Chopped parsley
	Salt and pepper



Raw meat chopping board
Large frying pan
Knife
Weighing scales
Spoon



Cut the beef into strips 5cm x 1cm square. Melt the butter in a frying pan, season the beef and add the butter just as it turns brown. Fry quickly to colour the beef, leaving slightly undercooked. Remove the beef and keep on one side.

Add the shallots to the butter in the frying pan and cook without colour. Drain off the fat.

Add the cream, season lightly and reduce by half. Correct the seasoning and finish with the lemon juice.

Place the beef in the sauce and reheat without boiling. Serve sprinkled with parsley.