



JERNEJ KITCHEN

PRESSURE COOKER BEEF STROGANOFF

Pressure Cooker Beef Stroganoff is an incredibly tasty dish with beef, mushrooms and a creamy, rich sauce that's perfect for any day of the year.

SERVES	4	PEOPLE
PREPARATION:	5	MINUTES
COOK:	80	MINUTES
TOTAL TIME:	85	MINUTES

PRESSURE COOKER BEEF STROGANOFF

1 tbsp olive oil

500 g beef chuck (1.1 lbs)

2 onions

1/2 celery stalk

2 cloves of garlic

750 ml water (3 cups + 1/4 cup)

100 g fresh button mushrooms (3.5 oz)

1/2 tsp dried oregano, 1/2 tsp dried thyme and 1/2 tsp dried marjoram

1 bay leaf

1 tbsp chopped fresh parsley

1/4 tsp tomato paste

1 tsp dijon mustard

1 tbsp dried porcini mushrooms

2 tsp butter (10g)

10 g all purpose flour (1 tbsp + 1 tsp)

50 g sour cream (1.8 oz)

50 g heavy cream (1.8 oz)

BEEF

Clean the beef chuck and cut it on 1cm (1/2 inch) thick stripes. Season with salt and pepper. Place your pressure cooker over high heat. When the pressure cooker is hot, add the olive oil and beef. Cook the beef over high heat for about 8 - 10 minutes or until it's nice, golden brown on all sides. Transfer to a plate.

BEEF STROGANOFF

Place the pressure cooker back over low heat. Add the chopped onion, chopped celery stalk, chopped garlic, sliced button mushrooms, herbs and spices. Cook for 10 minutes on low heat, then increase the heat, add the tomato paste, dijon mustard and beef chuck. Cook for about a minute, then pour in the water (or beef stock) and dried porcini mushrooms. Bring to a boil and secure the pressure cooker lid and bring to high pressure over medium heat. Once at high pressure, lower the heat to low and cook for 40 minutes. Remove from the heat and leave the lid on for about 10 - 15 minutes* or until the pressure comes down. Using quick-release valve, carefully open.

TIP

[Depends on the pressure cooker* after 15 minutes release the pressure.](#)

SAUCE

In a bowl stir to combine and knead the butter and flour (1:1 ratio) to get a nice mixture (like a dough). Add two ladles of beef stroganoff sauce, stir to combine to get rid of any lumps, then add the sour cream, heavy and and one ladle of beef stroganoff sauce. Stir to combine to get a nice, lump free mixture. This will make the sauce nice, rich, thick and delicious.

1 tsp olive oil (for finishing)

1/2 leek (for finishing)

100 g fresh button mushrooms (3.5 oz) (for finishing)

1 handful of fresh parsley

TOOLS AND EQUIPEMENT

kitchen knife

cutting board

pressure cooker

bowl

large deep skillet

SAUCE

Add the butter-flour-sauce mixture back to the pressure cooker (set over low heat) and cook for about 5 minutes, stirring constantly to get a nice, thick sauce. It's important that the beef stroganoff is at low simmer, not boiling or the sauce will fall apart. Season to taste with salt and pepper.

TIP

The sauce must cover the back of the spoon.

FINISH AND SERVE

Place a large, deep skillet over medium-high heat. Add the olive oil and sliced button mushrooms. Cook for about 5 minutes, stirring occasionally. Add sliced leek and cook for another 5 minutes. Add the beef stroganoff and stir to combine. Sprinkle with freshly chopped parsley and serve with a side dish of your choosing, like tagliatelle pasta or rice. Optionally serve with freshly grated parmesan. Enjoy.