



Beef Stroganoff with Peppered Spaetzle

READY IN



45 min.

SERVINGS



8

CALORIES



777 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup beef stock
- ☐ 4 beef tenderloin steaks () (2 pounds total)
- ☐ 1 tablespoon pepper black freshly ground plus more to taste
- ☐ 0.5 cup crème fraîche
- ☐ 12 ounces crimini mushrooms black cleaned roughly chopped
- ☐ 2 large eggs
- ☐ 4 cups flour all-purpose
- ☐ 0.5 cup optional: dill fresh minced
- ☐ 4 sprigs thyme sprigs fresh chopped

- ☐ 5 cloves garlic finely chopped
- ☐ 0.8 cup grapeseed oil
- ☐ 1 tablespoon kosher salt
- ☐ 3 tablespoons olive oil
- ☐ 1 shallots finely chopped
- ☐ 10 shallots sliced
- ☐ 6 tablespoons sherry vinegar plus more to taste
- ☐ 1 cup cream sour
- ☐ 1 cup sugar
- ☐ 2 tablespoons truffle oil
- ☐ 2 tablespoons butter unsalted

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ blender
- ☐ aluminum foil
- ☐ slotted spoon
- ☐ colander
- ☐ cutting board
- ☐ skimmer
- ☐ gravy boat

Directions

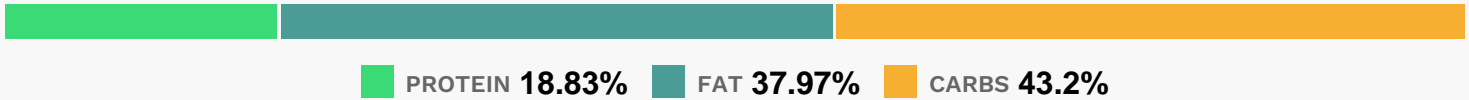
- ☐ In a medium, deep sauté pan over moderate heat, melt the butter.
- ☐ Add the shallot rings and sauté until translucent, about 8 minutes.

- ☐ Add the sugar and vinegar and continue cooking until amber in color and thickened to the consistency of molasses, about 20 minutes. DO AHEAD: The shallots can be made in advance and refrigerated, in an airtight container, up to 3 days.
- ☐ Bring a large pot of salted water to a boil and keep at a bare simmer. Fill a large bowl with very cold ice water.
- ☐ In a second large bowl, whisk together the flour, salt, and pepper.
- ☐ In a blender, combine the eggs, sour cream, and 1 cup water. Purée until smooth then add to the flour mixture and stir to combine (the consistency should be a little thicker than pancake batter, so adjust with more flour or more water as needed).
- ☐ Working over barely simmering water, force half the batter through a spaetzlemaker, food mill, or colander.
- ☐ Let the spaetzle float to the surface—this will take about 1 minute—wait 30 seconds, then use a mesh skimmer or slotted spoon and transfer the spaetzle to the bowl of ice water. Once cool, transfer the spaetzle to a colander to drain. Repeat with the remaining batter. DO AHEAD: Spaetzle can be made in advance and refrigerated, in an airtight container, up to 2 days.
- ☐ In a small bowl, stir together the crème fraîche and pepper. The crème fraîche should have an intense pepper note, so add more pepper to taste if necessary. DO AHEAD: The crème fraîche can be made in advance and refrigerated, in an airtight container, up to 1 day.
- ☐ In a large sauté pan over moderately high heat, heat 1 1/2 tablespoons olive oil until hot but not smoking.
- ☐ Add 1/2 the mushrooms and sauté until golden brown, about 1 minute.
- ☐ Add 1/2 the garlic, shallots, and thyme and continue sautéing until the shallots are tender, 1 to 2 minutes.
- ☐ Add 3 tablespoons of vinegar and continue cooking until the vinegar is almost completely evaporated, about 30 seconds.
- ☐ Transfer to a large bowl and repeat with the remaining olive oil, mushrooms, garlic, shallots, thyme, and vinegar. Once all the mushrooms are sautéed, reserve about 1/2 cup.
- ☐ Transfer the remaining mushrooms to a blender, add the beef stock, and purée until smooth. With the blender on, slowly add the grapeseed oil and truffle oil, if using, and continue processing until the sauce is smooth, aerated, and emulsified, about 3 minutes. Season with salt and pepper and a splash of vinegar if necessary.
- ☐ Season the steaks with salt and pepper. In a large heavy skillet over moderately high heat, heat the olive oil until hot but not smoking. Cook the steaks to desired doneness, about 4

minutes per side for medium-rare.

- ☐ Transfer to a cutting board as done and tent with foil.
- ☐ Let rest for about 5 minutes before serving.
- ☐ In a small saucepan over low heat, warm the mushroom purée. When warm, transfer to a gravy boat or other serving dish.
- ☐ In a large sauté pan over moderately high heat, melt the butter.
- ☐ Add 1/2 of the spaetzle and sauté without stirring until golden brown on the bottom, 2 to 3 minutes.
- ☐ Add the remaining spaetzle, the reserved 1/2 cup of mushrooms, and the shallot marmalade and sauté until warmed through, 3 to 4 minutes. Season with salt and pepper and transfer to a serving dish.
- ☐ Thinly slice the steaks and arrange the meat on a small platter. Dollop the crème fraîche over the meat and sprinkle with the dill.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:47.64, Glycemic Load:53.67, Inflammation Score:-9, Nutrition Score:30.139565540397%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

Nutrients (% of daily need)

Calories: 777.47kcal (38.87%), Fat: 32.79g (50.45%), Saturated Fat: 10.75g (67.19%), Carbohydrates: 83.93g (27.98%), Net Carbohydrates: 80.52g (29.28%), Sugar: 30.18g (33.53%), Cholesterol: 151.79mg (50.6%), Sodium: 1006.97mg (43.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.59g (73.18%), Selenium: 73.22µg (104.61%), Vitamin B3: 12.87mg (64.37%), Vitamin B6: 0.98mg (48.78%), Vitamin B2: 0.82mg (48.29%), Phosphorus: 445.76mg (44.58%), Vitamin B1: 0.66mg (44.03%), Folate: 165.07µg (41.27%), Zinc: 5.94mg (39.57%), Manganese: 0.79mg (39.45%), Iron: 6.09mg (33.81%), Potassium: 919.33mg (26.27%), Copper: 0.47mg (23.49%), Vitamin B12:

1.3µg (21.69%), Vitamin E: 3.23mg (21.53%), Vitamin B5: 2.12mg (21.19%), Magnesium: 62.36mg (15.59%), Fiber: 3.4g (13.61%), Vitamin A: 679.75IU (13.6%), Calcium: 123.61mg (12.36%), Vitamin K: 9.29µg (8.85%), Vitamin C: 7.08mg (8.58%), Vitamin D: 0.34µg (2.3%)