

Skillet Beef Stroganoff from Americas Test Kitchen found at

Serves 4

INGREDIENTS

- 1 1/2 ☐ pounds sirloin steak tips, pounded and cut according to photos at left
- ☐ Salt and pepper
- 4 ☐ tablespoons vegetable oil
- 10 ☐ ounces white mushrooms, sliced thin
- 1 ☐ onion, chopped fine
- 2 ☐ tablespoons all-purpose flour
- 1 1/2 ☐ cups low-sodium chicken broth
- 1 1/2 ☐ cups low-sodium beef broth
- 1/3 ☐ cup brandy (beef broth)
- 1/3 ☐ pound wide egg noodles (3 cups)
- 2/3 ☐ cup sour cream
- 2 ☐ teaspoons lemon juice

INSTRUCTIONS

- 1 ☐ 1. Pat beef dry with paper towels and season with salt and pepper. Heat 1 tablespoon oil in large skillet over medium-high heat until just smoking. Cook half of beef until well browned, 3 to 4 minutes per side. Transfer to medium bowl and repeat with 1 tablespoon more oil and remaining beef. ☐ 2. Heat remaining 2 tablespoons oil in now-empty skillet until shimmering. Cook mushrooms, onion, and 1/2 teaspoon salt until liquid from mushrooms has evaporated, about 8 minutes. (If pan becomes too brown, pour accumulated beef juices into skillet.) Stir in flour and cook for 30 seconds. Gradually stir in broths, then brandy, and return beef and accumulated juices to pan. Bring to simmer, cover, and cook over low heat until beef is tender, 30 to 35 minutes. ☐ 3. Stir noodles into beef mixture, cover, and cook, stirring occasionally, until noodles are tender, 10 to 12 minutes. Off heat, stir in sour cream and lemon juice. Season with salt and pepper. Serve. ☐ ☐

TECHNIQUE

TURNING SIRLOIN TIPS INTO STROGANOFF

When we were developing our recipe for Skillet Beef Stroganoff, we wanted to use a cut other than the traditional—and expensive—filet mignon. With a little work, we found that sirloin tips (also called flap meat) were a great alternative. Here's how we transformed them into tender, flavorful strips for this recipe.



1. Use a meat pounder to pound the meat to an even 1/2-inch thickness.



2. Cutting with the grain, slice the pounded meat into strips about 2 inches wide.



3. Slice each piece of meat against the grain into 1/2-inch strips.

Skillet Beef Stroganoff

1/4 lb sirloin tips, pounded and cut into 2 in wide strips, then cut into 1/2 strips

1/8 tsp salt and pepper

3 tsp vegetable oil

2 1/2 ounces white mushrooms, cleaned and sliced thin

1/8 onion, minced

1/2 tsp salt

1/2 tbsp flour

1/4 cup + 2 tbsp chicken broth

1/2 cup beef broth

1/4 cup water

3/4 cup egg noodles

3 tbsp sour cream

Pat the beef dry with paper towels and season it with salt and pepper. Heat 1 tsp oil in a large skillet over medium-high heat until smoking. Cook the meat until well browned, 2 to 3 minutes per side. Place the cooked meat in a bowl. Heat the remaining oil in the empty skillet. Cook the mushrooms, onion, and 1/2 tsp salt until the liquid from the mushrooms has evaporated, about 5 minutes. Stir in the flour and cook for 30 seconds. Gradually stir in the broths and water, and return the beef and accumulated juices to the skillet. Bring to a simmer, cover, and cook over low heat until the beef is tender, 15 minutes. Stir in the noodles into the beef mixture, cover, and cook, stirring occasionally, until the noodles are tender, 10 to 12 minutes. Off with the heat, stir in the sour cream, serve.

*Due to time, last two steps can be combined. Just note the meat may be a little less tender.

*Mahony Needs
Edible*

Yogurt Chicken (Chicken Tikka Masala)

Serves 4 to 6

This dish is best when prepared with whole-milk yogurt, but low-fat yogurt can be substituted.

INGREDIENTS

Chicken Tikka

- 2 ☐ pounds boneless, skinless chicken breasts, trimmed of fat
- 1/2 ☐ teaspoon ground cumin
- 1/2 ☐ teaspoon ground coriander
- 1/4 ☐ teaspoon cayenne pepper
- 1 ☐ teaspoon table salt
- 1 ☐ cup plain whole-milk yogurt (see note above)
- 2 ☐ tablespoons vegetable oil
- 2 ☐ medium garlic cloves, minced or pressed through a garlic press (about 2 teaspoons)
- 1 ☐ tablespoon grated fresh ginger

INSTRUCTIONS

☐ 1. **FOR THE CHICKEN:** Combine cumin, coriander, cayenne, and salt in small bowl. Sprinkle both sides of chicken with spice mixture, pressing gently so mixture adheres. Place chicken on plate, cover with plastic wrap, and refrigerate for 30 to 60 minutes. In large bowl, whisk together yogurt, oil, garlic, and ginger; set aside. ☐ Adjust oven rack to upper-middle position (about 6 inches from heating element) and heat broiler. Using tongs, dip chicken into yogurt mixture (chicken should be coated with thick layer of yogurt) and arrange on wire rack set in foil-lined rimmed baking sheet or broiler pan. Discard excess yogurt mixture. Broil chicken until thickest parts register 165 degrees on instant-read thermometer and exterior is lightly charred in spots, 10 to 18 minutes, flipping chicken halfway through cooking. ☐ 4. Let chicken rest 5 minutes.

Broiled Chicken

- 1/2 cup 7-up
- 1 tbsp soy sauce
- 1/4 cup oil (I prefer olive oil)
- 1/2 lime, juiced
- 1/4 tsp onion powder
- 1/8 tsp pepper
- 1/4 tsp garlic salt
- 4 to 5 chicken tenders or 1 chicken breast

Mix all the ingredients for the marinade well. Add the chicken. Let sit for 15 to 20 minutes, up to 24 hours. The longer it marinades, the deeper the flavor.

Take the chicken out of the marinade. Place on a cooling rack that has been placed on top of a cookie sheet. Place under broiler for 8 to 10 minutes. Turn over and cook for another 8 to 10 minutes or until chicken reaches 165 degrees internally.