

BC BEEF STROGANOFF WITH FRESH GNOCCHI



INGREDIENTS

Canola Oil

BC Beef Tenderloin or Tri Tip Steak	454 g (1 lb.)
BC Butter	30 ml
Large Shallots	2
BC Mushrooms, any type	240 g
Beef Stock	250 ml
BC Red Wine	125 ml
BC Whipping Cream	150 ml
BC Sour Cream	125 ml
Dijon Mustard	10 ml
BC Fresh Dill	15 ml
BC Fresh Parsley	30 ml
Salt and Pepper	to taste

DIRECTIONS

1. Dice shallots very small and set aside.
2. Remove the stem and slice mushrooms in 5 mm slices, set aside.
3. Roughly chop the dill and parsley and set aside.
4. Slice the beef against the grain into 5 mm slices.



5. Heat enough canola oil in a pan to cover the bottom.
6. Carefully add the beef to the hot pan and brown on each side and season with salt and pepper. Pour the beef and all juices onto a plate and set aside.
7. Heat butter in the same pan. Add the mushrooms, season and sauté mushrooms until brown. Add shallots and sauté two minutes more.
8. Deglaze the pan with the red wine and reduce until 50% remains.
9. Add the beef stock, whipping cream, sour cream and Dijon mustard. Stir until combined.
10. Bring the mixture to a boil and simmer until sauce reduces to desired thickness. About 7 minutes.
11. Add the beef and all juices back to the pan and simmer for 90 seconds to coat and reheat the beef.
12. Remove from heat, add herbs and adjust seasonings.
13. Serve over fresh BC Gnocchi.

BC FRESH POTATO GNOCCHI



Yields:
2 large portions

INGREDIENTS

BC Russet Potatoes (3 medium potatoes)	360 g
BC Egg Yolks	2
Kosher or Sea Salt	5 ml
Black Pepper, ground	3 ml
Butter, melted	10 ml
Grated Parmesan Cheese	20 g (1/4 cup)
Flour	100 g (1 cup)
Butter	30 ml

DIRECTIONS

1. Peel and dice russet potatoes into 1cm x 1 cm dice. Place in a pot of salted water and bring to a boil.
2. Reduce heat and simmer for 15 minutes or until fork tender.

3. Strain the potatoes and let sit in the strainer to dry for 10 minutes.
4. Start a pot of boiling salted water.
5. Place the dried potatoes into a mixing bowl and mash with a fork until smooth.
6. Add egg yolks, salt, pepper, butter and cheese. Mix until combined.
7. Add flour and mix. When all of the flour is combined, remove the dough to a lightly floured board and roll to make the dough 1.5 cm in diameter. Add flour as needed to avoid sticking.
8. Using small knife or a bowl scraper, cut the gnocchi into 3 cm pieces.
9. Roll the gnocchi in a fork to create the traditional grooves while using your forefinger to create a divot in the back of the gnocchi. Place on a plate to move the gnocchi to the boiling salted water.
10. Gently place gnocchi in the water and simmer to cook.
11. While cooking, heat butter in a frying pan and heat until foam subsides.
12. When done, the gnocchi will float to the top. Using a slotted spoon, carefully remove the gnocchi and place into hot butter. Fry until lightly brown on both sides.