



ITEM Buffalo Stroganoff	OUTLET: PORTIONS: 6
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INGREDIENTS	
3 lb Buffalo tenderloins	1.5 kg
6 tbsp butter	90 grams
3 tbsp olive oil	45 ml
3/4 lb mushrooms, sliced	300 grams
2 med onions, chopped	500 grams
6 tbsp flour	90 grams
3/4 cup sweet sherry	200 ml
4 cups beef broth	1 liter
2 tps salt	10 ml
3/4 tsp freshly ground pepper	3 ml
1 cup sour cream	250 ml
1 bunch green onions chopped	

DIRECTIONS:

1. Slice meat thin, about 2"x1" (5cm x2.5 cm) and be sure fat is trimmed off.
2. Heat 1 tbsp. of butter and 1/2 tbsp. olive oil in a large frying pan.
3. Sauté the mushrooms over medium heat for about 3 minutes.
4. Add the onions, sauté 2 minutes and remove from skillet.
5. Heat remaining butter and oil, until it bubbles, then add the meat in small batches and brown.
6. Remove the browned meat from the pan. Put the flour in the pan and mix in with the oil in the pan until well blended.
7. Gradually add the sherry and the beef broth, mixing until smooth, bring to a boil and turn down to a simmer for 10 minutes.
8. Return the meat and the mushrooms/onions to the skillet, season sauce with some salt and pepper, cook over medium-low heat about 5 minutes, stirring frequently.
9. Just before serving, stir in sour cream and green onions. Do not boil after adding sour cream.
10. Serve over rice.

Aboriginal TV Chef **David Wolfman**

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