

Mushroom Stroganoff

My friend Angela's Beef Stroganoff recipe is the best: easy, fast, creamy and delicious. But could I find a way to reproduce it without the beef? This is the closest I've come so far. Sip on a glass of Riesling - reserving ½ cup for the Stroganoff - while the meal is coming together and share the rest with your guest. *Za vstrechu!*



Ingredient list for 2 servings

½ pound wide egg noodles OR bow tie pasta
3 tablespoons butter, divided
1 small yellow onion, thinly sliced
3 cloves garlic, minced
1 pound cremini / baby bella mushrooms (or combo of what's available)
½ cup dry white wine
1 ½ cups vegetable stock
1 tablespoon Worcestershire OR soy sauce
3 ½ tablespoons flour
3 small sprigs of fresh thyme (or ¼ teaspoon dried thyme)
1 cup Greek yogurt OR sour cream
Kosher salt and freshly-cracked black pepper



- Cook noodles/pasta until al dente in boiling, generously-salted water according to package instructions. (For optimal timing, I recommend actually adding the egg noodles to the boiling water at the same time that the vegetable stock is added to the stroganoff.)
- Melt 1 tablespoon butter in a large sauté pan over medium-high heat. Add onions and sauté for 5 minutes, stirring occasionally. Add the remaining 2 tablespoons butter, garlic and mushrooms, and stir to combine. Continue sautéing for an additional 5-7 minutes, until the mushrooms are cooked and tender. Add the white wine, and deglaze the pan by using a wooden spoon to scrape the brown bits off the bottom of the pan. Let the sauce simmer for 3 minutes.
- Meanwhile, in a separate bowl, whisk together the vegetable stock, Worcestershire and flour until smooth. Pour the vegetable stock mixture into the pan, along with the thyme, and stir to combine. Let the mixture simmer for an additional 5 minutes, stirring occasionally, until slightly thickened. Then, stir in the Greek yogurt (or sour cream) evenly into the sauce. Taste, and season with a generous pinch of two of salt and pepper as needed.
- Serve immediately over the egg noodles, garnished with your desired toppings.

Note: You can serve the mushrooms and sour cream as a pasta sauce over 1 pound of pasta, and it will serve four as a main dish.