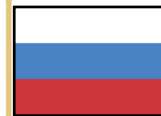


# Recipes of Russia

## Beef Stroganoff

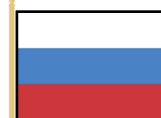


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|---------------------------------------|-------------------------------------|
| 2 lbs. lean beef (e.g., sirloin tips) | 2 tsp. tomato paste (optional)      |
| 2 Tbs. butter                         | <i>Sauce:</i>                       |
| 1 medium onion, sliced thin           | 2 Tbs. butter                       |
| 1 Tbs. flour                          | 1/2 lb. mushrooms, sliced thin      |
| 1/2 tsp. ground pepper                | 1 Tbs. minced onion                 |
| 1 tsp. mustard powder                 | 2 Tbs. dry white wine or beef broth |
| 1/2 c. dry white wine or beef broth   | 1 c. sour cream                     |

Slice meat into thin slices, approximately 1/2" thick. Pound meat to tenderize, flattening to half the thickness. Salt and pepper the meat and let sit for 15-20 minutes. Place 2 Tbs. butter in a large frying pan. Once melted, add onion and cook until translucent, about 5 minutes. Add meat in the pan and brown on both sides, 2-4 minutes. Add mustard and flour, stirring well to keep from lumping. Add wine and tomato paste and lower heat. Cover and cook for 5 more minutes. Stir often.

In a smaller frying pan, melt 2 Tbs. butter and add mushrooms and onion, cooking for 2-3 minutes. Add 2 Tbs. wine and cook a few minutes more. Add mixture and sour cream to meat and allow to simmer for a few minutes before serving. Serve with egg noodles or rice.

## Russian Spice Tea



*(Authentic Version)*

- |   |                    |
|---|--------------------|
| 8 Tbs. black tea (such as Black Ceylon) | 4 cinnamon sticks  |
| 2 Tbs. cloves, whole                    | 1/4 c. lemon juice |
| 3 Tbs. shredded orange peel             | 1/2 c. honey       |

Take a square of muslin or cheesecloth and place the tea, cloves, cinnamon, and cloves in the center. Tie up the ends tight to create a tea bag. Steep in 2 quarts of boiling water for ten to fifteen minutes. Stir in lemon juice and honey until well blended. Serve hot or cold.

*(Instant Tea Version)*

- |  |                        |
|--|------------------------|
| 1 c. instant tea powder                              | 2 c. sugar             |
| 2 c. orange drink mix (such as Tang)                 | 1 Tbs. ground cinnamon |
| 1/4 c. powdered lemonade mix (more or less to taste) | 1/2 tsp. ground cloves |

Mix all ingredients and store in a jar. Use 3-4 Tbs. for each cup of hot or cold water.