

RUSSIAN FOOD NETWORK

Project form

Please fill out the form below, print it to turn it in, in **HARD COPY**, and also send **ELECTRONICALLY**, on the due date you selected on the sign up sheet. The Russian Food Network Event as a follow up to your Russian cooking experience will take place during class time as indicated on the syllabus. Please duplicate your recipe and bring it in for the event.

Recipe: Beef Stroganoff — accompanied by Russian Fried Potatoes:

- Classic Beef Stroganoff (main): <http://www.geniuskitchen.com/recipe/classic-beef-stroganoff-87517>
 - 1 lb beef tenderloin
 - 1/2 cup minced onion
 - 2 tablespoons butter
 - 1 10.5 ounce can beef consommé
 - 1 tablespoon Dijon mustard
 - 2 cloves garlic minced
 - 1 teaspoon salt
 - 3 tablespoons flour
 - 1 cup sour cream
 - ◆ Cut meat diagonally in thin strips, saute onions till tender, remove from skillet, brown meat lightly on both sides in same skillet, set aside a third cup consume and stir in remaining with mustard, garlic, and salt in skillet; cover and simmer 15 min., blend in remaining consommé and flour, stir into skillet, add onions, heat to boil and stir constantly for one minute, stir in sour cream and heat through; serve.
- Russian Fried Potatoes (side): <http://www.geniuskitchen.com/recipe/russian-fried-potatoes-310258>
 - 10 medium sized red potatoes
 - 1 tablespoon salt
 - 1 diced medium onion
 - 4 cloves garlic
 - ◆ Peel potatoes, dice up garlic & onion, mix and separate into two equal cups, slice potatoes, thin, and place in large bowl; pour on salt, mix with hands and add more salt for get them evenly salted, oil two frying pans and separate potatoes into them, start on medium so as not to burn them, cook until potato bottoms are brown, flip, repeat; add garlic and onion, mix; potatoes are done when they are soft and brown.

Photo of the prepared dish:



Beef Stroganoff (left) in sauce, Russian Fried Potatoes (right)

A synopsis of your research on the recipe and the area where the recipe originated:

I have wanted to try beef Stroganoff for many years now but never got around to actually finding a recipe to try making it, so this assignment really forced me to finally do something I've been wanting to try. Anyway, when I first searched for the recipe I saw that the beef stroganoff was alongside potatoes but the recipes I was finding said to put it atop noodles. And so I went and found this recipe for Russian Fried Potatoes to have on the side.

It is unknown when the recipe for beef Stroganoff was first introduced in Russia, but the first known recipe was in Elena Molokhovet's Russian cookbook *A Gift to Young Housewives*, 1871 edition. Since then numerous modified versions of the recipe has cropped up. The traditional side dish for beef Stroganoff is crisp potato straws. After the rise of the U.S.S.R. and before the start of WWII, the recipe was popular within China and immigrants from the two countries as well as US service men brought different varieties to the US. These variants, however, is generally served over rice/noodles.

Your description of the experience of preparing and tasting the recipe (any ingredients you needed to substitute, any changes you made to the recipe... does it remind you of something you tasted before? What would you serve to accompany it? Etc.

This took longer to prepare than I was expecting based off of the times that were given on the web-pages were I found the recipes. The original recipe for the beef Stroganoff called for mushrooms, which are absent above, was removed because no one who was to eat it cared for or could even eat them. Besides from the additional time, I could have started the meat sooner than I did, my only real problem came from the potatoes as trying to cut the potatoes thin was challenging, probably didn't help that I started off using the wrong type of knife. A quarter of the way through I moved onto a larger knife, that while that made the potatoes easier to cut made it harder for me to keep them thin. The next problem came with the pans I used for the potatoes. I had two non-stick pans and one silver pan but one of the non-stick pans had a rather sticky handle and I did not feel like hassling with that, my mistake. I lost a good portion of my potatoes

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to that silver pan before I transferred them to the “sticky” non-stick pan. There were no more problems with the potatoes.

The final product was, by unanimous decree, overly salted for both the meat and the potatoes. With the exception of the saltiness I really liked the Russian Fried Potatoes but did not care that much for the Stroganoff, which really irked me because I had been looking forward to it. Maybe if I make it for myself again I’ll do an Americanized version of it rather than as close to the traditional Russian that I could find. That of course meant making potatoes.

Like a wine recommendation to accompany a dish, make a recommendation of a reading from Russian literature that would accompany the making or tasting of the dish you prepared. Perhaps the reading would suit the mood of the dish, its spiciness or its sweetness... perhaps there was a mention of one of the ingredients or the dish itself in the reading... etc. You may select from the stories read or presented in class, or some other Russian work with which you are familiar.

From the few stories we have read as of this writing I think I would have to recommend Alexander Pushkin’s Eugene Onegin. Traditional Russian with French overtones. One of the common stories of its first inception was that of a French chef making it for a Russian competition. Similar, I think, to the French overtones in the Russian aristocracy.