

# Stroganoff and Red Cabbage

History suggests that this main-course dish was designed by a French Chef in the employ of a wealthy Russian family in the 1890's. It is thought that the thin strips of meat were part of the meal design because the head of the household's had bad teeth. Whatever the reason for its creation, it's really delicious.

We're adding a German version of Red Cabbage (rotkohl - pronounced "wrote coal") to round out this meal. Delicious food is one example where all cultures happily come together.

**Preparation time: 1 hour and 20 minutes - Servings: 2**

## Organize Your Ingredients!

### Notes on Organizing

Prep and organize your ingredients on plates or in bowls. Having everything within reach will make cooking more fun. Today you'll prep lots of onion. The Stroganoff gets 1-1/2 C. chopped onion and the Rotkohl gets 2 C. thin-sliced onion. I prefer thin-sliced Chick'n but feel free to substitute thin-sliced turkey breast or round steak.

### Rotkohl (Red Cabbage)

2 tsp. olive oil  
2 C. onion (thin-sliced)  
3 C. red cabbage (thin-sliced)  
1 medium-sized tart apple (cored and chopped)  
3/4 C. red wine  
2 tsp. slightly pulverized caraway seeds  
1/4 tsp. ground cloves  
Additional red wine (as needed)

### Mushrooms and Meat of Choice

1 tsp. olive oil  
8 oz. Cremini Mushrooms (sliced)  
Chick'n Strips:  
1 tsp. olive oil  
25 pieces Morningstar Chick'n Strips  
1/4 C. white wine  
Optional Turkey or Beef:  
1 tsp. olive oil  
6 oz. raw turkey breast or round steak  
1/4 C. white wine

### Stroganoff

1 tsp. olive oil  
2 cloves of garlic (smashed and chopped)  
1-1/2 C. onion (chopped)  
  
2 C. boiling water  
1 cube Not Chick'n bouillon  
1/2 C. white wine  
1 bay leaf  
3 tsp. mild Hungarian paprika  
  
3 T. flour  
shaken with  
2/3 C. nonfat milk  
  
1 C. dill pickle (chopped)  
  
8 oz. dry egg noodles  
or  
8 oz. fresh fettuccine noodles (cut into 2" strips)  
3/4 C. plain, nonfat yogurt (stirred smooth)

Put noodle water  
on to boil!

## Let's Prepare, Cook, and Plate This!

### Basic Assembly Instructions

Get the Rotkohl started first. It can rest and mellow once it's cooked.

### Rotkohl

1. Sauté thin-sliced onion and cabbage in olive oil until onion begins to brown.
2. Add apples, red wine, ground caraway seed and cloves. Bring to a boil, reduce heat to low, cover and cook for 20 minutes over low heat. Check from time-to-time. If pan cooks dry a little more red wine.
3. Once it's cooked, leave covered on the back of the stove. Reheat before serving.

### Mushrooms and "Meat" of Choice

1. Using a large sauté pan, brown mushrooms in olive oil and remove from pan. Set aside.
2. If using Chick'n strips: brown the strips in oil in the same pan used for mushrooms. Add 1/4 C. white wine and toss while bringing up the brownings from the pan until wine disappears. Let strips cool enough to handle and thin slice lengthwise. Return to the pan as instructed later in the recipe.
3. If using turkey or beef: Thin slice meet before cooking. Then use the same pan used for mushrooms and brown meat slices in oil. Add white wine and toss. Rub bottom of the pan with a spatula to bring up the brownings from the bottom of the pan. When wine nearly cooks away. Remove from pan and set aside. Continue with Stroganoff.

### Stroganoff and Plate Meal

1. Using the same sauté pan used for meat, add another tsp. oil, garlic and chopped onion to pan. Toss over medium-high heat until onion begins to brown. Return mushrooms and meat of choice to pan.
  2. Dissolve Not Chick'n bouillon cube in boiling water to make broth. Add broth, white wine, bay leaf, and paprika to meat and onion mixture. Cook 5 minutes over medium heat.
  3. Thicken liquid in the pan with flour roux and reduce heat to low. Add dill pickle. Cook an additional 10 minutes over low heat.
  4. Drop noodles of choice into boiling water and cook per package directions. When tender, drain and rinse.
  5. Reheat the Rotkohl before serving and stir yogurt into Stroganoff.
- Serve 1 C. noodles covered with 2 C. Stroganoff. Spoon 1-1/2 C. Rotkohl alongside Stroganoff.

### What I've Learned from this Recipe

When using nonfat yogurt to finish white sauces, you can heat the sauce slightly after adding the yogurt. It is important not to let sauces return to a boil however, as the yogurt may curdle.

Let us know what you think, and ask any questions you may have! [chezdon@plate6.com](mailto:chezdon@plate6.com)