

Gordon's Easy, Low-Fat....

Beef Stroganoff

(Serves 4)

A low-fat version of this classic dish.

Ingredients:

- 400g beef or steak, cut into thin strips
- Sea salt and freshly-ground black pepper
- Low-calorie cooking spray
- 1 tsp white wine vinegar
- 2 tsp Worcester sauce
- 1 onion, sliced thinly
- 250g button mushrooms, thinly sliced
- 1 tsp Dijon mustard
- 2 tsp brandy (*optional*)
- 500ml boiling water
- Rich beef stockpot
- Regular beef stock cube
- 200g Philadelphia Lightest cream cheese

Season the beef with a little salt and plenty of pepper and put to one side. Mist a large frying pan with the low-calorie cooking spray and put on a medium heat. When hot, add the beef to the pan and just seal on all sides. Lift the beef out of the pan with a slotted spoon and put aside for the moment. Leave any juices etc. from beef in the pan.

Add the white wine vinegar and Worcester sauce to the pan and deglaze it, scraping any congealed remnants of the beef from the surface of the pan into the mix. When the liquid is all but evaporated away and only a thick syrup is left, re-spray the pan with more cooking spray.

Add the onion and mushrooms to the pan and sauté until they start to brown. Add the mustard and brandy (if using) and cook for a minute or two. Make up a beef stock with the boiling water, stockpot and stock cube. Add to the pan and boil over a medium heat, until the liquid is reduced by half. Reduce the heat and stir in the cream cheese over a low heat, stirring well and making sure there are no clumps of the cream cheese left.

Return the beef to the pan, stir well and simmer for 5-10 minutes, depending on how you prefer the beef. Adjust the consistency with a little water, if too thick.

Serve, perhaps with boiled rice.