

## Beef Stroganoff, Zucchini Bread

How long has it been since you had some really good beef stroganoff?

This is my all time favorite recipe.

The beef for this stew should be cut into 1" squares about 1/4" thick. You should use lean beef from the top round or top sirloin if it is in your budget. At the end of the cooking you add sour cream, but avoid boiling or the cream might curdle. The ingredients are as follows:

2 lbs lean beef sauted in 1/4 cup olive oil  
1/2 lb of fresh mushrooms (sliced criminis from the produce dept. are great)  
1/4 cup minced onion  
2 tablespoons minced garlic  
1/2 teaspoon dried sweet basil and oregano  
3 tablespoons of flour (enough to soak up the juice after browning the beef)  
4 cups of beef stock with 2 tbl spoons of crushed caraway seeds  
1 cup of sour cream

After browning the beef in oil add mushrooms, onion, garlic and herbs to the pot. Saute 5 minutes more, flour until pasty and add the strained stock. Simmer slowly for 2 to 2 1/2 hrs until meat is tender. Turn off the flame and stir in the sour cream.

Serve over egg noodles. It's oh so good!

It is time for this seasonal favorite of mine .

### Zucchini Nut Loaf

1 ½ cups of all purpose flour  
1 cup of finely shredded unpeeled zucchini  
1 teaspoon of ground cinnamon  
½ teaspoon of: nutmeg, salt, baking soda  
¼ teaspoon of baking powder  
1 cup of sugar  
1 egg  
¼ cup of vegetable oil  
½ cup of: chopped walnuts and raisins or dried cranberries (or both)  
½ teaspoon of lemon zest

In a mixing bowl stir all the dry ingredients together and set aside

Beat together the shredded zucchini, egg, lemon zest and oil

Add the dry ingredients and mix well

Gently fold in the chopped nuts and fruit

Turn the batter into a greased 8" X 4" X 3" loaf pan

Bake in 350' oven for 55 to 60 minutes or until a spaghetti noodle comes out clean. Cool the loaf in pan for 10 minutes, remove, and cool thoroughly.

Although this bread can be served after cooling for 10 minutes or so, it is also great when served after chilling in the refrigerator overnight.

The zucchini used for this can be those left growing until a foot long. Use the skin as well as the pulp, but discard the seeds.

### About the Author

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