



Joan's Three Mustard Pork Stroganoff with Alexandrina Crème Fraiche

This is a terrific winter supper dish for two people, taking only a quarter of an hour to prepare from start to finish. Alexandrina Crème Fraiche does add a depth of flavour and creaminess to this dish, without it being too heavy or overwhelming. Serve it with steamed rice and a salad of green leaves.

**EAT
LOCAL**
www.eatlocal.com.au

groundwork

On the day, you will need 10 minutes preparation time & ½ hour cooking time
Serves 2

elements

350g pork tenderloin
110g small open mushrooms
1 level teaspoon mustard powder
1 heaped teaspoon Dijon mustard
1 heaped teaspoon wholegrain mustard
250ml Alexandrina Crème Fraiche

1 dessert spoon olive oil
10 g Australian butter
1 brown onion, halved and thinly sliced
75ml dry white wine
salt and black pepper
fresh parsley, garnish

technique

- Prepare the pork by trimming it and cutting it into thin strips.
- Remember the recommended size is three inches or 7.5cm long by quarter inch or 5mm wide.
- Prepare the mushrooms by slicing them through the stalk into thin slices.
- Mix together the three mustards and the Alexandrina Crème Fraiche in a small bowl.
- Heat the butter and oil together over a medium heat in a solid frying pan, add the onion slices and fry them gently.
- The mushrooms are ready within 2-3 minutes until they are soft.
- Using a draining spoon, remove the onion to a plate, turn the heat up to its highest setting.
- When the pan is smoking-hot add the strips of pork and fry them quickly.
- Keep the pork strips on the move all the time so they cook evenly without burning.
- Add the mushrooms and toss these around to cook very briefly until their juices start to run.
- Return the onion slices to the pan and stir them in.
- Season well with salt and pepper.
- Add the wine and let it bubble reduce slightly before adding the Alexandrina Crème Fraiche mixture.
- Stir both elements together and let the sauce bubble and reduce to half its original volume.
- Serve the pork stroganoff immediately spooned over steamed rice, and use fresh parsley to garnish.
- **Plating up** | Serve with a tossed green salad.



Calcium Hero of the Dish | Alexandrina Crème Fraiche

Lightly fermented and naturally thickened | Alexandrina Crème Fraiche (sour cream, or cultured cream) is made by adding a culture (special bacteria) to the Alexandrina's fresh Pure Jersey Cream, and it is then gently warmed in an incubator. Once set, Crème Fraiche has a subtle tangy, slightly nutty flavour and rich, velvety texture, but it also has a smooth, light and lemony taste. It matches with both savoury and sweet food, and can be used as a condiment, with pumpkin soup or to soothe a hot curry, and if you have left over Alexandrina Crème Fraiche use with a fruit crumble.

- **Looking for Mushrooms?** | Try one of the growers at your local Farmers Market
- **Top Tip** | Cook this recipe a day before. If you have a slow cooker with a timer, set the dial so that it starts to reheat by the time you need it warm for your evening meal.
- **Foodie Fact** | Alexandrina Crème Fraiche unique because it is free of any preservatives, thickeners, or stabilisers.
- **Find more Alexandrina recipes** | http://www.alexandrinacheese.com.au/recipe_book.html
- **Thank you** | Joan of Port Willunga for sharing that recipe with Rebekah almost a decade ago!

