

Chicken Stroganoff

THE SAUCE AND GRAVY



CHANNEL



<https://youtu.be/4ImN7Xuyybc>

Serves 4–6

This easy chicken stroganoff is a quick weeknight dinner made from simple pantry ingredients. Tender chicken, sautéed mushrooms, and onions are folded into a rich, tangy sour cream sauce and served over egg noodles for a hearty, comforting meal the whole family will love.

Chicken Ingredients

2 tbsp (30 ml) olive oil

1½ lbs (680 g) boneless, skinless chicken breasts, cut into bite-sized pieces

½ tsp (about 1 g) paprika

Salt and black pepper, to taste

3 cloves garlic (9 g), minced

2 tbsp (16 g) all-purpose flour

1½ cups (375 ml) chicken broth

1 tbsp (15 ml) Worcestershire sauce

1 tsp (7 g) Dijon mustard (optional but recommended)

¾ cup (180 ml) sour cream, room temperature

2 oz (340 g) egg noodles (or rice or mashed potatoes)

Fresh parsley, chopped (optional garnish)

Sauce Ingredients

2 tbsp (28 g) unsalted butter

1 small onion (about 100–120 g), finely chopped

8 oz (227 g) mushrooms, sliced

Prep Work

Cut chicken into even bite-sized pieces so it cooks quickly and evenly. Chop onions, slice mushrooms, and mince garlic. Bring sour cream to room temperature before cooking to prevent curdling later.

Cook egg noodles separately if using, or prepare your chosen side before starting the sauce.

To Cook the Chicken

Heat olive oil in a large skillet over medium-high heat.

Pat the chicken dry and season chicken with salt, pepper, and paprika.

Add chicken to the hot pan and cook until browned and fully cooked through, about 6–7 minutes. Their internal temperature should be at least 165° F or 74°C

Remove chicken from the pan and set aside, keeping it warm.

To Make the Sauce

Reduce heat to medium and add butter to the same pan.

Once melted, add chopped onion and cook until soft and translucent.

Add mushrooms and cook until browned and tender, allowing them to release their moisture and develop flavor.

Stir in garlic and cook for about 30 seconds until fragrant.

Sprinkle flour over the vegetables and stir well to coat everything evenly. Cook for about 1 minute to remove raw flour taste.

Slowly pour in chicken broth while stirring, scraping the bottom of the pan to release all browned bits. Add Worcestershire sauce and Dijon mustard, then bring to a gentle simmer until the sauce begins to thicken.

Lower the heat and gently stir in sour cream.

Mix until smooth and creamy—do not let the sauce boil once the sour cream is added.

Return the cooked chicken (and any juices) back to the pan.

Simmer on low for 3–4 minutes until everything is heated through and the sauce is thick and silky.

To Serve

Spoon the creamy chicken stroganoff over egg noodles, rice, or mashed potatoes.

Garnish with fresh parsley if desired and serve hot.

Tips & Substitutions

Chicken thighs can be used instead of chicken breast for extra juiciness.

Sour cream should always be added off high heat to avoid curdling.

For a lighter version, Greek yogurt can replace sour cream.

Mushrooms can be swapped with a mix of wild mushrooms for deeper flavor.

Variations (Build From This Sauce)

Once you master this stroganoff base, you can easily turn it into:

Beef Stroganoff – swap chicken for thinly sliced beef

Creamy Mushroom Pasta Sauce – remove chicken and double mushrooms

Garlic Herb Stroganoff – add thyme, parsley, and rosemary

Smoked Paprika Stroganoff – increase paprika for deeper smoky flavor

White Wine Stroganoff – deglaze mushrooms with a splash of white wine before broth