

SALISBURY STEAK

Last Modified: 06/14/2014

PREP: 15 Min
COOK: 20 Min
STOVETOP

F EASY

BEEF

MAKES 4 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
STEAK PATTIES			
2	Pounds	Ground Round (90 / 10)	
1/2	Cup	Italian Bread Crumbs (Progresso)	
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste
2	Large	Eggs	
1	Tbsp	Ketchup (Heinz)	
2	Tsp	Ground Mustard	
4	Dashes	Worcestershire Sauce (Lea & Perrins)	
1	Cube	Beef Bouillon (Wyler's)	Crushed
1	Tbsp	Unsalted Butter	
1	Tbsp	Olive Oil	

GRAVY			
1	Medium	Yellow Onion	Thin Sliced
2	Cups	Beef Stock (Swanson)	
1	Tbsp	Ketchup (Heinz)	
4	Dashes	Worcestershire Sauce (Lea & Perrins)	
2	Tbsp	Corn Starch	
2	Tbsp	Beef Stock (Swanson)	
1	Tsp	Browning & Seasoning Sauce (Kitchen Bouquet)	

PREPARATION	
FACTOID	Created by Dr. James Salisbury in the late 1800's who believed that diet was the main factor governing our health, so he created special foods and diets for his patients - This is one of them.
NOTE	Since neither Sue or I like the texture of Mushrooms, we found this recipe which tastes fantastic and does not use them. If you do like Mushrooms, feel free to add them in when cooking the Onion Slivers. Cook until they are shrunken and browned nicely.
TOOLS	1) Medium Mixing Bowl 2) Large Stainless Steel Skillet & Lid
PREP	DISH 1) Crush the Bouillon Cube and set it aside.
PREP	GRAVY 1) Cut the Yellow Onion in half through the root, thinly slice it and set it aside.
1	STEAK PATTIES: In a medium mixing bowl, combine the Ground Round, Breadcrumbs, Ketchup, Eggs, Ground Mustard, Worcestershire Sauce, Bouillon and some Salt and Pepper. Knead with your hands until fully combined. Form the mixture into 6 to 8 oval patties, and then make little parallel finger width lines angling across the patties to give them a "Steak-Like" appearance (See Picture).

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2	STEAK PATTIES: In a large skillet over medium high heat add in the Butter and Olive Oil. Fry the Patties on both sides until no longer pink in the middle. Remove the Patties from the skillet and pour off and discard any excess grease in the pan.
3	GRAVY: Reduce the skillet heat to medium and add in the Sliced Onions. Stir and cook until golden brown and somewhat soft, for several minutes. Add in the Beef Stock, Ketchup, Seasoning Sauce and the Worcestershire Sauce. Combine the Corn Starch with a little Beef Broth and whisk it into the Gravy. Stir and cook it to thicken.
4	Add a sprinkle of Salt and Pepper to taste and a little more Beef Stock if needed for thinning. Return the cooked Beef Patties to the Gravy. Spoon the Gravy over the top, cover and let them simmer until hot, 5 to 6 minutes more.
SERVE	Serve the Steaks drizzled generously with the Gravy with either Mashed Potatoes, Rice or a nice Fettuccine Alfredo as a side dish.