

SALISBURY STEAK WITH FRENCH ONION GRAVY

F EASY

Last Modified: 10/02/2015

PREP: 15 Min
COOK: 35 Min
STOVETOP

BEEF

MAKES 4 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
STEAK PATTIES			
1 1/2	Pounds	Ground Round (90 / 10)	
2	Slices	Crusty French Bread (Stale)	Cubed
PLUS			
1+	Dashes	Half & Half (To Soak)	
OR TO REPLACE THE ABOVE 2 ITEMS			
1	Cup	Panko Bread Crumbs	
PLUS			
1+	Dashes	Half & Half (To Dampen)	
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste
2	Tbsp	Worcestershire Sauce (Lea & Perrins)	
1	Tsp	Garlic Powder	
1	Large	Egg	Beaten
2	Tbsp	Olive Oil	
2	Tbsp	Unsalted Butter	
1	Small	Yellow Onion (With Juice)	Grated
FRENCH ONION GRAVY			
4	Large	Yellow Onions	Thin Sliced
3	Tsp	Ground Thyme	
3	Large	Dried Bay Leaves	
3/4	Cup	Worcestershire Sauce (Lea & Perrins)	
1/4	Cup	All Purpose Flour (For Roux)	
1 1/2	Cups	Dry White Wine (Pinot Grigio)	
1	Quart	Beef Stock (Swanson)	
2	Tsp	Browning & Seasoning Sauce (Kitchen Bouquet)	
PREPARATION			
FACTOID	The Gravy for this dish is extremely close to a thick, wonderful French Onion Soup - GREAT drizzled over Mashed Potatoes and green Vegetables.		
FACTOID	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 caramelizing the Onion Slivers. Cook until they are shrunken and darkened nicely.		
TOOLS	1) Medium Mixing Bowl 2) Small Mixing Bowl 3) Large Cast Iron Skillet 4) Stainless Steel Skillet & Lid 5) Box Grater		

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PREP	DISH 1) Beat the Egg until there are no white streaks visible and set it aside. 2) Grate the Yellow Onion & any juice produced and set it aside.
PREP	FRENCH ONION GRAVY 1) Cut the Yellow Onions in half through the root, thinly slice and set the slivers aside.
1	GRAVY: Place a drizzle of Olive Oil in a large stainless steel skillet over medium heat and melt the Butter into the Oil. Add in the Onion Slivers and season them generously with Salt and Pepper, sprinkle with the Ground Thyme and add in the Bay Leaf. Caramelize the Onions until very soft and sweet and light golden in color, 20 to 25 minutes. Sprinkle the Flour evenly over the Caramelized Onions and cook while stirring for an additional 3 minutes to make a Roux. Cover and leave them on the turned off burner to keep warm.
2	STEAK PATTIES: Remove and discard the crusts from the Bread Slices, slice them into chunks and place them in a small mixing bowl. Pour in enough Half & Half to thoroughly soak the Bread and set it aside.
3	STEAK PATTIES: Meanwhile, place the Meat in a medium mixing bowl and add in the beaten Egg. Squeeze the excess Half & Half out of the Bread or Bread Crumbs with your hands and crumble it as you add it to the bowl. Add in the Worcestershire Sauce and Garlic Powder. Add the grated Onion and juice on top of the Beef. Sprinkle generously with Salt and Pepper and combine thoroughly using your hands (do NOT over mix).
4	STEAK PATTIES: Divide the mixture evenly into 8 balls. Gently form the balls into 8 (1/2 inch thick) oval loaves. Using the back of a kitchen knife make several slanted "dents" in the top of each patty to give them a Steak appearance (See Picture). Heat a drizzle of Olive Oil in a large cast iron skillet over medium high heat. Add in the loaves (Not touching) and cook them until nicely browned and cooked through, about 12 to 15 minutes, turning occasionally. Transfer the Steaks temporarily to a plate and tent them with aluminum foil to keep warm.
5	GRAVY: Deglaze the pan you cooked the Steaks in with the Wine and add in the Beef Stock bring it to a boil and reduce it by half. Stir the Onion mixture into it and heat until it thickens, about 5 minutes. You may thin it with additional Beef Stock if necessary.
SERVE	Serve the Steaks drizzled generously with the Gravy along side with either Mashed Potatoes, Rice or a nice Fettuccine Alfredo as a side dish.