

SWISS STEAK

Last Modified: 12/10/2013

PREP: 1 Hr
COOK: 2 To 8 Hrs
STOVETOP OR SLOW COOKER

F EASY

BEEF

MAKES 6 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
2	Pounds	Round Steak (Boneless)	1/2" Thick
3/4	Cup	All Purpose Flour	
2	Tsp	Kosher Salt	
1	Tsp	Fresh Ground Black Pepper	
1	Large	Yellow Onion	Sliced
2	Ribs	Celery	Chopped
1	Tbsp	Tomato Paste (Contadina)	
1	14 1/2 Oz	Can Diced Tomatoes (Heinz)	
1/4	Cup	Vegetable Oil	
2	Cloves	Garlic	Minced
1	Tsp	Smoked Paprika	
1	Tsp	Dried Oregano	
1	Tbsp	Worcestershire Sauce (Lea & Perrins)	
1 1/2	Cups	Beef Stock (Swanson)	
OR			
1 1/2	Cups	Warm Water	
AND			
2	Cubes	Beef Bouillon (Wyler's)	Dissolved

PREPARATION

FACTOID	Swiss Steak is not from Switzerland. It is so named because it makes use of a process called "Swissing" to make it tender - Beaten with a mallet and braised for a long period.
TOOLS	1) Medium Mixing Bowl 2) Dutch Oven & Lid OR Crock Pot 3) Pie Tin OR Plastic Bag 4) Meat Tenderizing Hammer
PREP	DISH 1) Cut the Yellow Onion in half through the root, thinly slice it and set it aside. 2) Chop the Celery and add it on top of the Onion. 3) Mince the Garlic Cloves and add them on top of the Onion. 4) Preheat the oven to 350 degrees with a rack in the lower 1/3.
1	Cut the Round Steak into pieces, removing the fat and silverskin. Season on both sides with Salt and Pepper. Place the Flour in a pie tin and evenly coat the Meat on all sides.
2	Place the Meat pieces on a cutting board and beat both sides with a spiked hammer until each slice is 1/4 inch thick. Recoat each piece with Flour
3	Add the Vegetable Oil in the bottom of a dutch oven and fry the Meat until brown on both sides. Do not crowd. Set the pieces aside and repeat until all of the pieces are done.
4	Add in the Onion, Celery, and Garlic and saute for 3 to 4 minutes. Add in the Tomato Paste and stir to combine. Add in the Tomatoes, Paprika, Oregano, Worcestershire Sauce and Beef Stock and stir to combine.

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OPTION	You may optionally cook this for 8 hours in a crock pot set on low heat
5	Return the Meat to the dutch oven, submerging it completely in the Sauce. Cover and place it in the oven for 1 1/2 to 2 hours until the Meat is falling-apart tender.
SERVE	Place on a serving platter, pour the Sauce over the top and serve while hot with Mashed Potatoes on the side..