



Salisbury Steak with Mushroom Gravy



Ingredients, Steak:

- 3 TBLs olive oil, separated
- ½ cup yellow onion, finely diced
- 2 garlic cloves, minced
- 1 large egg, whisked
- ⅓ cup milk
- 1 tsp yellow mustard
- 1 tsp ketchup
- 1 tsp Worcestershire sauce
- ½ tsp dried oregano
- 1 tsp salt
- ¼ tsp pepper
- ⅓ cup Italian breadcrumbs
- 1 lb. ground beef, 80% lean

Ingredients, Gravy:

- 1 TBL olive oil
- ½ cup onion, finely diced
- 1 TBL unsalted butter
- 8 oz. white button mushrooms, sliced
- 2 ½ cups beef broth
- 1 beef bouillon
- 1 tsp onion powder
- ½ tsp garlic powder
- 1 ½ tsps Worcestershire sauce
- ¼ cup cold water + 3 TBLs cornstarch

Method:

1. To form the steaks, heat 1 TBL olive oil over medium heat. Sauté the onions and garlic for 5 minutes. Remove and let cool. This is optional but it makes them more subtle in texture and flavor which is ideal in Salisbury steak, especially for picky eaters.
2. Whisk together the egg, milk, mustard, ketchup, Worcestershire sauce, ½ tsp oregano, 1 tsp salt, and ¼ tsp pepper. Add the breadcrumbs and stir to form a paste. Stir in the cooked onions/garlic. This is called a panade; it makes the Salisbury steak juicy and flavorful.

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3. Add the ground beef and panade to a large bowl. Use your hands to mix until just combined, do not over mix or the meat will become tough. Form into 4 oval steaks.
4. Heat 2 TBSs olive oil in a large skillet over medium-high heat. Brown 2 steaks at a time on each side for 1 minute, remove and set aside. Middle will be uncooked.
5. To prepare the gravy, heat 1 TBS olive oil over medium heat. Sauté onions for about 5 minutes. Add 1 TBS of butter along with the mushrooms and cook until golden, about 5 more minutes.
6. Add the beef broth, beef bouillon, 1 tsp onion powder, $\frac{1}{2}$ tsp garlic powder, and Worcestershire sauce.
7. Bring the gravy to a boil. Combine 3 TBS cornstarch + $\frac{1}{4}$ -cup COLD water. Slowly whisk in the cornstarch mixture until desired level of thickness is obtained. Whisk continuously as you add it, you may not need to add it all. Decrease heat to medium.
8. Add the Salisbury Steak back to the pot. Cover and cook for about 10-15 minutes. Remove from heat, it is done when the internal temperature reaches 160 degrees.

Tip: To help the Salisbury steak together, refrigerate them for 15 minutes after you have formed them.