



Salisbury Steak



Ingredients for the Steaks:

- 1 pound lean ground beef
- 1 large egg
- 2 tablespoons dried minced onion
- ⅓ cup Panko breadcrumbs
- 2 tablespoons ketchup
- 1 tablespoon Dijon mustard
- 1 ½ teaspoons Worcestershire sauce
- 1 teaspoon granulated beef bouillon, better than bouillon or 1 cube, crumbled
- 1 tsp EACH dried parsley, dried oregano
- ½ tsp EACH salt, pepper, garlic powder, dried basil

Ingredients for the Gravy:

- 6 tablespoons unsalted butter, divided (less if not using mushrooms)
- 3 tablespoons olive oil, divided (less if not using mushrooms)
- 12 ounces baby bella/cremini mushrooms, sliced ¼-inch thick (optional)
- 1 shallot, minced (may sub ½ teaspoon onion powder)
- 4 garlic cloves, minced (may sub 1 tsp garlic powder)
- ⅛ teaspoon red pepper flakes
- ¼ cup + ½ tablespoon flour
- 3 cups *reduced sodium* beef broth
- 1 tablespoon *reduced sodium* soy sauce
- 1 ½ teaspoons Worcestershire sauce
- 1 teaspoon Dijon mustard
- 1 ½ teaspoons granulated beef bouillon, better than bouillon or 1 ½ cubes, crumbled
- 1 teaspoon dried parsley
- ½ tsp EACH dried oregano, dried thyme
- Salt and pepper to taste

Method for the Steaks:

1. Add all of the steak ingredients to a large bowl **EXCEPT** the ground beef. Whisk together with a fork until thoroughly combined. Add the ground beef and combine with your hands.
2. Divide the mixture into 4 equal portions, and pat firmly into oval patties around ¾"-inch thick. Make a shallow depression/dimple in each patty so the outer border is about a ¼ inch higher than the middle. This will help them cook more evenly/quickly/not bulge.



3. Heat 2 tablespoons olive oil in a large skillet over medium-high heat. Sear the steaks on each side, about 3 minutes total. Transfer steaks to a plate (use a long enough spatula! so they do not fall apart!) but leave the drippings behind. Note: the steaks will NOT be cooked through, but will finish cooking in the sauce.

Method for the Mushrooms:

1. Melt 1-tablespoon butter with 1-tablespoon olive oil over medium heat in the leftover drippings. Increase temperature to medium-high and add half of the mushrooms. Give them a stir to evenly coat in the butter then arrange mushrooms in a single layer. Cook mushrooms for 2-3 minutes per side or until golden.
2. Remove mushrooms from skillet with a slotted spoon and repeat with remaining mushrooms; transfer all mushrooms to a plate.

Method for the Gravy:

1. To the now empty skillet, melt 2 tablespoons butter with 1-tablespoon oil. Add shallots and sauté over medium-high heat for 2-3 minutes to soften.
2. Reduce heat to low, add garlic and red pepper flakes and sauté for 30 seconds. Add flour and cook for 1 minute, scraping up the browned bits on the bottom of the pan.
3. Slowly whisk in beef broth and all remaining gravy ingredients. Whisk until most of the lumps are gone.

Method to cook:

1. Add the partially cooked steaks back to the skillet (use a long enough spatula) and nestle into the gravy (it is okay if most of the gravy covers them).
2. Bring to a simmer over high heat then reduce to medium. Cook for 5-7 minutes or until the internal temperature of the steaks reaches 160 degrees F, stirring occasionally around the steaks. If the gravy thickens too quickly, add additional broth.
3. Once the steaks are done, stir in the mushrooms.