

Salisbury Steak

with mushroom sauce

If I be honest, I LOVE Salisbury steak!!! Salisbury steak is a hallmark American dish offering great comfort, worth and a richly satisfying flavor. In my opinion the best steaks come from great meat so use the best you can afford. I will use my own grind or Asgaard Farms grass-fed ground beef.



The
Carriage House
Cooking School

3 tablespoons unsalted butter
1 large thinly sliced onion
1 pint sliced baby bella mushrooms
1 teaspoon salt
1 teaspoon cracked black pepper

3 tablespoons all purpose flour
3 cups beef stock

2 pound 85% lean ground beef
2 large eggs
1/2 cup panko bread crumbs
1 teaspoon kosher salt
1 teaspoon black pepper
1 teaspoon garlic powder
1 tablespoons worcestershire sauce

2 tablespoons unsalted butter

2 tablespoons chopped parsley

1. Preheat an oven to 425°F.
2. In a medium skillet set over medium heat melt the butter. Once the butter has melted add the onions, mushrooms, salt and pepper then cook until the onions are a rich brown color and the mushroom juices have almost all evaporated, about 10 minutes.
3. Add the flour to the pan and mix it well to combine. Cook for 2 or 3 minutes, until the flour smells nutty. Add the stock to the pan and whisk in until smooth. Bring the sauce to a near boil then reduce the heat and simmer for 10 minutes.
4. While the mushroom sauce is cooking form the steaks by combining the ground beef, eggs, panko, pepper, salt, garlic powder and worcestershire sauce in a large bowl and mixing well to combine. Form four large oval patties or 8 smaller patties and set aside.
5. In a large skillet set over medium heat add the last 2 tablespoons of butter. When the butter melts and the foam dissipates add the steaks, leaving room around each one. Increase the heat to medium high and cook on the first side for 3 to 4 minutes, then flip and cook on the second side for an additional 3 minutes.
6. When the steaks are done arrange them in a casserole dish and pour the sauce over the top.
7. Place the steaks in the oven and bake for 15 minutes.
8. Remove from the oven and serve with a garnish of fresh parsley.