

Salisbury Steak

Serves 4-6

Steaks:

- 1 medium yellow onion
- 3 T Worcestershire sauce
- 3 T ketchup
- 1 tsp brown sugar
- 1 large egg
- Salt and black pepper
- 450 g ground beef
- ½ C panko
- Olive oil, for searing

Gravy:

- 227 g cremini (button) or other mushrooms
- Salt and black pepper
- 1 T all-purpose flour
- 240 ml beef stock
- 120 ml whole milk
- Worcestershire sauce, ketchup and brown sugar, for seasoning (optional)
- Finely chopped fresh chives, for sprinkling (optional)



Prepare the steaks:

1. Grate about a quarter of the **onion** into a medium bowl (about 13 g). Set aside the remaining onion for the gravy.
2. Add the **Worcestershire sauce, ketchup, brown sugar** and **egg**; season generously with salt and pepper and whisk to combine.
3. Add the **ground beef** and **panko**, gently stir the mixture to combine without overmixing.
4. Form into 8 small, oval-shaped patties about 2½-cm thick, place on a plate and into the **freezer for 5 to 10 minutes to firm up**.
5. Meanwhile, finely dice the remaining **onion**. Using a wet towel, wipe the **mushrooms** clean and thinly slice them.

Cook the steaks:

1. Heat a large skillet over medium and add enough **olive oil** to lightly coat the bottom.
2. Remove the patties from the freezer, add them to the hot oil and cook until browned, **2 to 3 minutes per side**. Transfer to a plate.

Prepare the gravy:

1. To the same skillet, add the **onion** and **mushrooms**, season with **salt** and raise the heat to **medium-high**.
2. Cook, stirring occasionally until deeply browned but not burned, **8 to 10 minutes**. The vegetables will release their water before starting to brown, so be patient. Add more oil if the pan looks dry.
3. Sprinkle over the **flour** and cook, stirring, until you can no longer see streaks of white and the raw flour taste cooks out, about 30 seconds.
4. Stir in the **beef stock** and **milk**. Season generously with **salt** and **pepper** and bring to a simmer over medium-high. Taste the sauce and season to taste with ½ to 1 tsp Worcestershire for more savoriness, 1 T ketchup for tanginess, and a pinch of brown sugar for a little sweetness.
5. Add the seared steaks to the gravy and reduce the heat to continue simmering, basting the steaks once or twice, until the gravy is thicker and reduced to your liking, 4 to 5 minutes.
6. Serve immediately and sprinkle with chives.