

Salisbury Steak with Marsala Mushroom Sauce

Serves: 4

Salisbury steak is a dish originating in the United States and made from a blend of ground beef and other ingredients and usually served with gravy or brown sauce. It is a version of the Hamburg steak.

Ingredient	US	Non-US
Ground beef (leaner is better)	1 pound	
Sliced mushrooms	2 cups	
Cracked black pepper	½ teaspoon	
Garlic salt	1 teaspoon	
Garlic powder	½ teaspoon	
Cayenne pepper	Pinch	Pinch
Worcestershire sauce	2 teaspoons	
Egg	1	1
Dry bread crumbs	¼ cup	
Butter	2 Tablespoons	
Large onion, thinly sliced	1	1
Flour	2 Tablespoons	
Water	2 cups	
Beef bouillon granules	2 teaspoons	
Marsala wine	½ cup	

Instructions:

In a mixing bowl, combine the beef, black pepper, garlic powder, garlic salt, Worcestershire sauce, bread crumbs and egg. Stir mixture together well. Shape into 4 equal sized patties.

In a preheated skillet at high heat, add butter until melted. Add meat patties, sprinkle with more black pepper to taste and brown on both sides for about 3 minutes each side. Remove from the skillet and set aside. Tent with foil.

Add the sliced onion and mushrooms into the heated skillet, on top of the browned bits, sauté on medium-low heat until the onions are translucent and brown. Add 2 tablespoons of flour; continue to sauté for two minutes. Add 2 cups of water, Marsala wine and pinch of Cayenne pepper and 2 teaspoons of beef bouillon granules.

When mixture is heated and sauce thickens (add more flour if needed), return the meat patties back in the pan. Cover. Reduce heat just a little and let simmer for about 15 more minutes, turning the patties once. Remove from heat and serve warm.