

SALTSBURY STEAK

UTENSILS:

Large Mixing Bowl, Large Skillet or Family Jumbo Skillet. 2 quart Saucepan, 1.5 quart Saucepan

INGREDIENTS

- 2 lbs Ground Sirloin
- 1 cup Finely Chopped Green Bell Peppers
- 1 small Onion, finely Chopped
- 4 TBS Worcestershire Sauce
- 2 TBS A-1 Sauce
- 2 tsp Black Pepper
- 2 tsp Garlic Salt
- 2 Cups Water
- 2 Cups Breadcrumbs

GRAVY:

- 4 Cups Beef Stock
- 2 tsp Salt
- 1 tsp Black Pepper
- ½ Cup (1 stick) Butter
- ½ Cup All Purpose Flour

DIRECTIONS:

Gravy: In the 2 quart saucepan, heat the beef stock and add the salt and pepper on Medium Heat – bring to a simmer. In the 1.5 quart saucepan, prepare a roux by melting the butter and the flour, whisking well until smooth and thick. Once the beef stock has simmered, slowly add the roux until is sauce is thick. Cover, whistle closed, and turn the heat off. Preheat the Large Skillet on Medium Heat. Combine Sirloin, pepper, onion, Worcestershire, A-1, Pepper, Garlic Salt, water, and Breadcrumbs in a large mixing bowl. Form Patties with hands – makes 6-8 patties – and place in the skillet. Cover, whistle open. When the whistle sounds, flip the meat and pour the sauce over the meat. Recover, whistle closed, and reduce the temperature to low. Cook for 12-15 more minutes or until meat is done all the way through. Serve and enjoy.

NOTES:

