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# SALISBURY STEAK

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## INGREDIENTS:

- *1lb (500 kg) impossible burger*
- *1/2 onion finely grated(or chopped)*
- *1/2 cup panko bread crumbs*
- *1 clove of minced garlic*
- *1/2 tsp. Worcestershire sauce*
- *1 tsp beef bouillon powder*
- *3 tsp dijon mustard*
- *For the mushroom gravy:*
- *1 tbsp Olive oil 2 cloves of garlic*
- *1/2 onion chopped*
- *5 oz/150 grams mushrooms sliced*
- *2 tbsp unsalted butter*
- *3 tbsp flour*
- *2 cups beef broth*
- *2 tsp dijon mustard*
- *2 tsp Worcestershire sauce*
- *Salt and pepper to taste*



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## METHOD:

1. *To prepare the steaks Place the breadcrumbs in a bowl.*
2. *Grate the onion over the breadcrumbs.*
3. *Mix with fingers, and leave to soak for a few minutes.*
4. *Add the remaining Salisbury Steak ingredients into the large bowl.*
5. *Use your hands to mix until just combined. Mix well for a while until the mixture becomes a bit "pasty" which will ensure your patties hold together well.*
6. *Divide into 5 and pat firmly into oval patties around 3/4" inch thick.*
7. *Brown the patties on both sides & set aside*
8. *Add a little oil to the skillet, and add the mushrooms, and when they are golden add the unsalted butter*
9. *When the butter is melted, whisk in the flour, a small amount at a time until you have a smooth roux.*
10. *Gradually add the beef broth, it will thicken as it cooks.*
11. *Combine the ingredients and let it simmer for about 3 minutes.*
12. *Add the patties back in to finish cooking - 2 minutes or so.*
13. *Serve and cover with Gravy*