

# Salisbury Steak with Brown Gravy

THE SAUCE AND GRAVY



CHANNEL



<https://youtu.be/-osoEov2OSc>

4 servings

## Salisbury Steaks Ingredients

1 lb (454 g) ground beef (80/20)  
1/3 cup (40 g) breadcrumbs  
1/4 cup (63 ml) milk  
1 large egg  
1/2 small sweet onion, finely chopped (about 75 g)  
2 cloves garlic, minced (about 6 g)  
1 tbsp (15 ml) ketchup  
1/2 tsp (2.5 ml) Worcestershire sauce  
1/2 tsp (3 g) salt  
1/2 tsp (1 g) black pepper

## Brown Gravy

3 tbsp (42 g) unsalted butter  
1 tbsp (15 ml) neutral oil (for frying)  
2 tbsp (16 g) all-purpose flour  
Dash of onion powder  
2 cups (500 ml) beef broth  
1 tbsp (15 ml) Worcestershire sauce  
1 tbsp (15 g) ketchup  
1 tsp (5 g) yellow mustard  
Salt and black pepper to taste

## Prep Work

Combine the breadcrumbs and milk in a mixing bowl. Let the mixture sit for 1–2 minutes so the breadcrumbs fully absorb the liquid. This step is key for keeping the Salisbury steaks tender and juicy.

## **To Make the Salisbury Steaks**

Add the ground beef, egg, finely chopped onion, minced garlic, ketchup, Worcestershire sauce, salt, and black pepper to the bowl with the breadcrumb mixture. Gently mix everything together until just combined. Avoid overmixing, as this can make the patties dense instead of tender.

Divide the mixture into 4 equal portions and shape into oval or round patties. Keep them uniform in size so they cook evenly. If the mixture starts sticking to your hands, lightly wet your hands with water.

Place the patties in the refrigerator for at least 30 minutes, or up to 4–5 hours if time allows. This helps the patties firm up and allows the flavors to develop.

Heat a skillet over medium heat and add 1 tablespoon (14 g) unsalted butter along with 1 tablespoon (15 ml) neutral oil. Once hot, place the patties in the pan and let them cook undisturbed for 4–5 minutes to develop a deep brown sear.

Flip the patties carefully and cook for another 4–5 minutes on the other side. Remove from the pan and set aside. The patties will finish cooking in the gravy.

## **To Make the Brown Gravy**

Using the same pan (do not wipe it out), add 2 tablespoons (28 g) of unsalted butter if needed. Sprinkle in the flour and stir continuously to form a roux. Cook over low to medium heat for about 1 minute, making sure it does not burn.

Add a dash of onion powder and stir briefly to bloom the flavor in the fat.

Slowly pour in the beef broth while whisking constantly. Adding a cooler liquid to the hot roux helps prevent lumps. Scrape the bottom of the pan to release all the browned bits (fond), which adds deep flavor to the gravy.

Stir in the Worcestershire sauce, ketchup, and yellow mustard. Mix until fully incorporated and bring the gravy to a gentle simmer.

Return the Salisbury steaks to the pan, nestling them into the gravy. Spoon the gravy over the top of each patty.

Reduce the heat to low and let everything simmer for 10–15 minutes. Occasionally flip the patties and baste them with the gravy to keep them moist and ensure even cooking.

Once the patties are fully cooked and the gravy has thickened, taste and adjust seasoning with salt and pepper as needed.

### **Tips & Substitutions**

- Use 80/20 ground beef for the best balance of flavor and juiciness. Leaner beef can result in drier patties.
- Do not overmix the meat mixture—this is one of the most important steps for keeping the texture tender.
- If your gravy gets too thick, add a splash of beef broth to loosen it. If it's too thin, let it simmer a bit longer.
- For extra flavor, add sautéed mushrooms or caramelized onions to the gravy.
- You can substitute Dijon mustard for yellow mustard for a slightly deeper, more complex flavor.