



# Counter to Table Recipes

## FROM THE CHEF'S CORNER

**Recipe:** SALISBURY STEAK

**Date:** MAY 2022

### Ingredients:

### Directions:

2 Lbs Tenderized Round Steak

1. Preheat oven to 400 degrees.

½ Lb Sliced Mushrooms

2. Cut tenderized round steak into ¼ lbs portions.

½ C Seasoned Flour

3. Coat each steak with the seasoned flour.

2 Cloves Garlic, Minced

4. In a large skillet sear the steaks on high heat until nicely

1 ½ Qts Beef Stock

browned on both sides. About 5-7 minutes per side. Remove

2 T Cooking Oil

steaks from pan and set to the side.

5. Add mushrooms to the pan and sauté for 3-5 minutes,

removing the bits from the bottom of the pan.

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**6.** Add your garlic and half of the seasoned flour to the pan. Cook for 2-3 minutes.

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**7.** Add the beef stock and bring to a boil.

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**8.** Lower heat to a slow simmer and add your steaks back to the pan.

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**9.** Put a lid on the pan and place in the oven for 35-45 minutes or until the steak is tender.

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**10.** Serve over mashed potatoes or rice.

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