



Smothered Garlic Parmesan Salisbury Steak



Ingredients:

- 1-pound lean ground beef
- ½ cup Panko breadcrumbs
- 2 TBLs Ketchup
- 1 large egg
- 1 tsp garlic powder
- 1 tsp onion powder
- Fine Pink Himalayan salt and freshly ground black pepper to taste
- 3 TBLs salted butter
- 8 ounces sliced cremini or white button mushrooms
- 1 Shallot, finely diced
- 2 TBLs all-purpose flour
- 1 cup dry white wine (Pinot Grigio or Sauvignon Blanc are good choices)
- 2 cups low sodium broth
- ⅓cup heavy cream
- ⅓cup freshly grated Parmesan cheese
- 2 tsps Dijon mustard
- Mashed potatoes with herb garlic butter

Ingredients for the Herbed Garlic Butter:

- ½ cup of fresh chopped herbs, such as thyme, sage and/or parsley
- 2 TBLs room temperature salted butter
- 1 garlic clove, grated or finely chopped
- Freshly ground black pepper (optional)

Method, Garlic Butter:

1. In a small bowl, combine the herbs, butter and garlic, and season with freshly ground black pepper if desired. Refrigerate until ready to plate.

Method for the Steaks:

1. In a large bowl, combine the ground beef, Panko crumbs, ketchup, garlic powder, onion powder and season with salt and pepper to taste.
2. Using your hands, mix well to incorporate all ingredients. Then divide the mixture into 4 equal balls, and firmly pat each into an oval-shaped patty, about ¾ inch thick.



3. Melt 1 TBLS of the butter in a large skillet over medium-high heat. Add the patties and cook until browned on the bottom, about 2 minutes. Flip and cook until browned all over, another minute. Transfer the patties to a plate.
4. Melt 1 TBLS butter in the same skillet and deglaze over medium-high heat. Add the mushrooms and shallots, and cook, stirring often, until the shallots are softened and the mushrooms caramelized.
5. Stir in the flour and remaining 1 TBLS of butter and cook until incorporated, about 1 minute.
6. Whisk in the wine and cook until it is reduced by at least half, 3 to 4 minutes.
7. Add the broth and cook until it is again reduced by at least half, another 5 to 6 minutes.
8. Add the cream, Parmesan, and mustard, whisking until incorporated, about 1 minute.
9. Reduce the heat to medium-low. Slide the patties back into the skillet along with any collected juices and spoon the sauce and mushrooms over the steaks. Cook until the sauce thickens around the patties to your desire.
10. Plate the steaks over mashed potatoes (buttered with the Garlic Butter, if made) and spoon the mushroom gravy over the top. Serve with a fresh French Batard or an Artisan bread to soak up the sauce.