

Salisbury Steak with Mushroom Gravy

Recipe VIDEO above. Salisbury steak is a totally scrumptious way to transform the humble ground beef / mince into something amazing! The onion grating / soaking breadcrumbs will make your patties extra tasty and tender, and the Mushroom Gravy is made extra delicious by cooking the Salisbury Steaks IN the gravy.



And next time - try *Salisbury Steak Meatballs!*



4.92 from 498 votes

Prep Time
15 mins

Cook Time
15 mins

Total Time
30 mins

Course: Dinner Cuisine: Western Keyword: Salisbury Steak Servings: 5 Calories: 286cal
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Ingredients

Salisbury Steak

- 1/2 onion (white, brown or yellow)
- 1/2 cup panko breadcrumbs (or 1/3 cup ordinary breadcrumbs)
- 1 lb/500g ground beef (mince)
- 1 garlic clove , minced
- 1 egg
- 2 tbsp ketchup
- 1 beef bouillon cube , crumbled
- 1/2 tsp Worcestershire sauce
- 3 tsp dijon mustard OR 2 tsp dry mustard powder

Gravy

- 1 tbsp olive oil
- 2 garlic cloves , minced
- 1/2 onion , finely chopped
- 5 oz/150g mushrooms , sliced
- 30g / 2 tbsp unsalted butter
- 3 tbsp flour (all purpose / plain)
- 2 cups beef broth / stock , low sodium
- 1/2 cup water
- 2 tsp dijon mustard
- 2 tsp Worcestershire sauce
- Salt and pepper

Instructions

Salisbury Steaks

1. **Onion grating** - Place breadcrumbs in a bowl. Use a box grater and grate the onion over the breadcrumbs. Mix with fingers, leave to soak for a few minutes.
2. **Mix** - Add remaining Salisbury Steak ingredients into the large bowl. Use your hands to mix until just combined. Mix well for a couple of minutes until the mixture becomes a bit "pasty" which will ensure your patties hold together well.
3. **Form patties** - Divide into 5 and pat very firmly into oval patties around 3/4" / 1 2/3 cm thick.

Cooking and Gravy

1. **Brown patties** - Heat oil in a skillet over high heat. Add the steaks and cook the first side for 1 minute or until browned, then **gently** flip and brown the other side (they will still be raw inside). Remove onto plate.
2. **Cook aromatics** - If skillet is looking dry, add a touch more oil. Add chopped onion and garlic and cook for 2 minute until onions are a bit translucent.
3. **Cook mushrooms** - Add the mushrooms into the skillet and cook for 2 - 3 minutes until golden.
4. **Make gravy roux** - Turn heat down to medium. Add butter. Once melted, add flour and cook for 30 seconds, stirring constantly.
5. **Gravy** - Gradually add in beef broth, stirring as you go. Once mostly lump free, whisk in remaining Gravy ingredients.
6. **Finish cooking steaks** - Add steaks along with the juices on the plate. Cook for 5 - 7 minutes, or until gravy is thickened, stirring occasionally around the steaks. If the gravy thickens too quickly, add more water.
7. **Season gravy** - Remove steaks onto a plate. Taste gravy and adjust salt and pepper to taste.
8. **Serve** salisbury steaks topped with the mushroom gravy - over mashed potato is ideal! Sprinkle with a bit of parsley if desired.

Notes

1. Recipe originally published December 2015. Cooking steps streamlined to make it more efficient. Ingredients have remained the same. If you are determined to continue using the original recipe, here is a PDF version.

2. Nutrition below is per serving for the Salisbury Steak + gravy, no sides.

Nutrition

Serving: 316g | Calories: 286cal | Carbohydrates: 15g | Protein: 25g | Fat: 13g | Saturated Fat: 5g | Cholesterol: 101mg | Sodium: 651mg | Potassium: 678mg | Fiber: 1g | Sugar: 4g | Vitamin A: 225IU | Vitamin C: 3.2mg | Calcium: 42mg | Iron: 3.4mg

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