

# Salisbury Steak

Yields: 10 portions

## Ingredients:

1 lb. ground beef  
½ onion, minced finely  
3 cloves garlic, minced finely  
1/3 cup milk  
3.3 oz. plain breadcrumbs  
1 egg  
1 tsp. celery salt  
½ tsp. paprika

1 tsp. salt  
½ tsp. black pepper  
1 Tbsp. Worcestershire sauce

## Instructions:

1. Preheat oven to 350 degrees F.
2. Combine breadcrumbs and milk and let stand 5 minutes.
3. Mince the onions and garlic finely; use food processor, if possible.
4. Combine the breadcrumb mixture with the ground beef, onions, garlic, eggs and spices.
5. Add the Worcestershire and mix thoroughly by hand to fully incorporate.
6. Shape into patties/steaks about 1 inch by 3 inches, weighing 3.5 ounces each.
7. Place on sheet pans and bake at 350 degrees F for 20 minutes.
8. Note, Salisbury steak may also be grilled. Lightly spray griddle with non-stick cooking spray and grill 8 minutes on each side.

