

Old-Fashioned Hamburger Steaks with Smothered Onion Gravy

There is something deeply nostalgic about a sizzling skillet filled with



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4 min

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INGREDIENTS

Ground Beef (1 lb): I recommend 80/20 or 85/15 for the best flavor and moisture.

Egg (1): Acts as the binder to keep your steaks from falling apart.

Breadcrumbs (1/3 cup): Helps retain the juices inside the meat.

Black Pepper (1/2 tsp) & Salt (1 tsp): Essential seasoning.

Onion Powder (1/2 tsp) & Fresh Garlic (1 clove, minced): To build layers of savory flavor.

Worcestershire Sauce (1 tsp): The "secret ingredient" for deep umami notes.

Large Onion (1): Sliced into thin half-moons for the gravy.

Beef Broth (2 cups): The base for our rich brown gravy.

All-Purpose Flour (1 tbsp): To thicken the sauce.

Butter (1 tbsp) & Oil (1 tbsp): For searing and sautøing.

DIRECTIONS

- 1. Prepare the Meat Mixture:** In a large mixing bowl, combine the ground beef, egg, breadcrumbs, black pepper, salt, onion powder, minced garlic, and Worcestershire sauce. Use your hands to mix gently-don't overwork the meat, or the "steaks" will become tough.
- 2. Shape the Patties:** Divide the mixture into 4 equal portions. Shape them into ovals rather than rounds to give them that classic Salisbury steak look. Aim for about 1/2 inch thickness so they cook evenly.
- 3. Cook the Patties:** Heat the oil in a large skillet over medium-high heat. Sear the patties for about 3-4 minutes per side. You aren't looking to cook them all the way through yet; you just want a deep, dark brown crust. Once seared, remove them to a plate and keep them warm.
- 4. Make the Onion Gravy:** Lower the heat to medium and melt the butter in the same skillet (don't wash it out-those brown bits are gold!). Add the sliced onions. Sautø for 5-7 minutes until they are soft and take on a golden-brown color. Sprinkle the flour over the onions and stir constantly for 1 minute to cook out the "raw" flour taste.
- 5. Add the Broth:** Slowly pour in the beef broth while whisking or stirring constantly. The liquid will begin to bubble and thicken. Let it simmer for about 2-3 minutes until it reaches a silky consistency.
- 6. Combine and Simmer:** Nestle the beef patties back into the skillet. Spoon the gravy over the top of each steak. Cover the pan with a lid and simmer on low for about 10 minutes. This allows the meat to finish cooking and soak up all that oniony goodness.

SWAPS & NOTES

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TIPS FOR SUCCESS

Don't Rush the Onions: The flavor of the gravy depends on the caramelization of the onions.

If you have an extra 5 minutes, let them cook even longer on lower heat for a deeper flavor.

The Skillet Matters: A cast-iron skillet or a heavy stainless steel pan provides the best sear.

Consistency Check: If your gravy gets too thick, add a splash more broth or water.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/old-fashioned-hamburger-steaks-with-smothered-onion-gravy/>