

Old-Fashioned Smothered Hamburger Steak: A Southern Comfort Classic

There is something undeniably nostalgic about a plate of



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5 min

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INGREDIENTS

- 1 lb Ground Beef: I recommend 80/20 for the best flavor and moisture.
- 1/2 cup Breadcrumbs: These act as a binder to keep the patties tender.
- 1 Large Egg: Helps hold the "steak" together during the searing process.
- 1/2 tsp Garlic Powder: For a subtle savory baseline.
- 1/2 tsp Onion Powder: Enhances the beef flavor.
- 1/2 tsp Black Pepper: Freshly cracked is best.
- 1 tsp Salt: To bring out all the savory notes.
- 2 tbsp Oil or Butter: For searing the patties and sautéing the onions.
- 2 Medium Onions: Thinly sliced (yellow or white onions work best).
- 2 cups Beef Broth: The base of your rich, brown gravy.
- 2 tbsp Flour: To thicken the sauce into a silky gravy.
- 1 tbsp Worcestershire Sauce: The "secret ingredient" for umami depth.

DIRECTIONS

- 1. Prepare the Patties:** In a large mixing bowl, combine the ground beef, breadcrumbs, egg, garlic powder, onion powder, salt, and pepper. Use your hands to mix gently-do not overwork the meat, or the steaks will become tough. Shape the mixture into 4 thick, oval patties.
- 2. Sear the Meat:** Preheat a large skillet over medium heat and add your oil or butter. Once shimmering, place the patties in the pan. Cook for 4-5 minutes per side until a dark, crispy crust forms. They don't need to be fully cooked through yet. Remove them from the pan and set aside on a plate.
- 3. Caramelize the Onions:** In the same skillet (don't wash it! those brown bits are "fond" and contain all the flavor), add the sliced onions. If the pan looks dry, add another teaspoon of butter. Cook the onions, stirring occasionally, until they are soft, translucent, and starting to turn golden brown.
- 4. Create the Gravy:** Sprinkle the flour over the softened onions and stir for about 1 minute to cook out the "raw" flour taste. Slowly whisk in the beef broth and Worcestershire sauce. Continue whisking until the mixture begins to bubble and thicken.
- 5. The Final Simmer:** Return the beef patties (and any juices from the plate) back into the skillet. Spoon the gravy and onions over the top. Cover the pan with a lid and simmer for about 10 minutes. This allows the meat to finish cooking while soaking up the flavors of the gravy.

SWAPS & NOTES

Swaps and Notes The Beef: You can swap the ground beef for ground turkey or chicken, though you may want to add a dash of browning sauce (like Kitchen Bouquet) to help the gravy achieve that deep color.

Breadcrumbs: If you are gluten-free, crushed pork rinds or gluten-free panko work beautifully.

The Onions: If you love a sweeter gravy, use Vidalia onions.

If you want more "bite," red onions provide a unique twist.

TIPS FOR SUCCESS

Don't Rush the Onions: The longer you cook the onions, the more flavor they release.

If you have the time, let them go for 15 minutes on low heat for a truly caramelized experience.

The Thicker the Better: If you prefer a thicker gravy, let it simmer uncovered for a few extra minutes at the end.

Use a Cast Iron Skillet: This provides the best sear on the meat and holds heat consistently for the gravy.

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

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