



AMERICAN (AMISH)

Amish Poor Man's Steak

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	6	20 min + 2 hr chilling	1 hr 15 min	Bake	Ground beef

Ingredients

- 900 g (2 lb) ground beef, 85/15
 - 70 g (1 cup) saltine cracker crumbs
 - 250 ml (1 cup) milk
 - 1 small onion, finely chopped
 - 1 tsp salt
 - ½ tsp black pepper
 - 60 g (½ cup) all-purpose flour, for dredging
 - 2 tbsp butter or lard
- GRAVY**
- 1 can (284 ml / 10 oz) condensed cream of mushroom soup
 - 250 ml (1 cup) water or milk
 - 1 tsp Worcestershire sauce

Steps

1. Mix the beef, cracker crumbs, milk, onion, salt and pepper by hand until just combined.
2. Press it into an even layer, about 2 cm (¾ in) thick, on a parchment-lined baking sheet. Cover and refrigerate for at least 2 hours (or overnight) so it firms up.
3. Cut into 12 squares. Dredge each in flour and shake off the excess.
4. Heat the butter in a large skillet over medium-high heat. Brown the squares in batches for 2 to 3 minutes per side, until golden. Lay them in a baking dish in one layer.
5. Heat the oven to 160°C (325°F). Whisk the soup, water and Worcestershire together and pour over the beef.
6. Cover with foil and bake for 1 hour, until the gravy bubbles and the squares are tender and cooked through, 71°C (160°F).
7. Serve over mashed potatoes with plenty of gravy.

Notes

- **From scratch gravy:** cook 200 g (7 oz) sliced mushrooms in 2 tbsp butter, stir in 2 tbsp flour, then whisk in 375 ml (1½ cups) beef stock.
- **Make ahead:** fry the squares a day ahead, chill, and bake just before supper; add 10 minutes from cold.
- **Serving:** green beans or creamed corn complete the plate.
- **Freezer:** freeze the fried squares for up to 3 months; thaw overnight in the fridge, then add the gravy and bake as written.