- Prep Time: 15 minutes
- Cook Time: 25 minutes
- Total Time: 40 minutes
- Intensity Level: Easy (Beginner-Friendly)
- Servings: 4
- Course: Main Course
- Cuisine: American

Table of Contents

- Ingredients
- Step-by-Step Instructions
  - Phase 1: Preparing the Patties (Time: ~10 minutes | Intensity: Easy)
  - Phase 2: Searing the Patties (Time: ~10 minutes | Intensity: Medium)
  - Phase 3: Crafting the Mushroom Gravy (Time: ~15 minutes | Intensity: Medium)
  - Phase 4: Finishing and Serving (Time: ~5 minutes | Intensity: Low)
- Nutrition Information (Estimated)

Ingredients

For the Hamburger Steaks:

- 1 ½ lbs (680g) ground beef (80/20 blend recommended for flavor and juiciness)
- ½ cup plain breadcrumbs (panko works great)
- 1 large egg, lightly beaten
- 2 tablespoons milk
- 1 teaspoon Worcestershire sauce
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 tablespoon olive oil (for frying)

For the Mushroom Gravy:

- 1 tablespoon unsalted butter
- 1 medium yellow onion, thinly sliced
- 8 oz (225g) cremini or white mushrooms, cleaned and sliced
- 2 cloves garlic, minced
- 2 tablespoons all-purpose flour
- 1 ½ cups beef broth
- 1 tablespoon Worcestershire sauce
- 1 teaspoon Dijon mustard (optional, for depth)
- Salt and freshly cracked black pepper, to taste
- Fresh parsley, chopped (for garnish)

Step-by-Step Instructions

Phase 1: Preparing the Patties (Time: ~10 minutes | Intensity: Easy)

1. Combine Ingredients: In a large bowl, combine the ground beef, breadcrumbs, beaten egg, milk, Worcestershire sauce, garlic powder, onion powder, salt, and pepper. Use your hands to gently mix everything until just combined. Be careful not to overmix, as this can make the patties tough.

2. Form the Patties: Divide the meat mixture into four equal portions. Shape each portion into an oval-shaped patty, about ¾-inch thick. Press a slight indentation in the center of each patty with your thumb. This helps prevent them from puffing up too much while cooking.

3. Rest the Patties: Let the patties rest at room temperature while you prepare the other ingredients. This ensures they cook more evenly.

Phase 2: Searing the Patties (Time: ~10 minutes | Intensity: Medium)

1. Heat the Skillet: Heat the olive oil in a large, heavy-bottomed skillet (cast iron is ideal) over medium-high heat until it shimmers.

2. Sear the Steaks: Carefully place the patties in the hot skillet. Cook for 4-5 minutes per side, or until a deep golden-brown crust forms. Do not press down on the patties. You want to keep all those juices inside!

3. Set Aside: Once seared, transfer the patties to a plate and set them aside. They will not

be fully cooked through at this point, which is what we want. Do not wipe out the skillet; the browned bits left behind are the flavor base for our gravy.

Phase 3: Crafting the Mushroom Gravy (Time: ~15 minutes | Intensity: Medium)

1. Sauté the Vegetables: Reduce the heat to medium. Add the butter to the skillet. Once melted, add the sliced onions and mushrooms. Sauté for 5-7 minutes, scraping up the browned bits from the bottom of the pan. Cook until the mushrooms have released their moisture and are starting to brown, and the onions are soft and translucent.

2. Add Garlic and Flour: Stir in the minced garlic and cook for about 30 seconds until fragrant. Sprinkle the flour over the mushrooms and onions. Stir constantly for 1-2 minutes to cook out the raw flour taste. This will form a thick paste (a roux).

3. Build the Gravy: Slowly pour in the beef broth while continuously whisking. This is crucial to prevent lumps from forming. Add the Worcestershire sauce and Dijon mustard (if using). Whisk until the gravy is smooth.

4. Simmer and Thicken: Bring the gravy to a simmer. It will start to thicken. Season with salt and pepper to taste. Let it simmer for 3-4 minutes until it reaches your desired consistency.

Phase 4: Finishing and Serving (Time: ~5 minutes | Intensity: Low)

1. Return the Steaks: Nestle the seared hamburger steaks back into the skillet, spooning some of the gravy over the top. Any juices that collected on the plate should be poured

back into the skillet.

2. Simmer to Finish: Cover the skillet with a lid and reduce the heat to low. Simmer for 5-10 minutes, or until the patties are cooked through (internal temperature of 160°F / 71°C).

3. Serve: Garnish with fresh chopped parsley. Serve hot over mashed potatoes, egg noodles, or with a side of crusty bread to soak up every last drop of gravy.

Nutrition Information (Estimated)

Per Serving (1 Hamburger Steak with Gravy)

- Calories: 480 kcal
- Protein: 32g
- Fat: 30g
- Saturated Fat: 11g
- Carbohydrates: 18g
- Fiber: 1g

- Sugar: 4g
- Sodium: 780mg
- Cholesterol: 130mg