- Prep time: 15 minutes
- Cook time: 25–30 minutes
- Total time: 40–45 minutes
- Yield: 4 servings
- Category: Dinner, Skillet Meal, Comfort Food
- Cuisine: American

Table of Contents

- Ingredients
  - For the Hamburger Steaks
  - For the Onion Gravy
  - Equipment
- Instructions
  - Phase 1: Preparing the Patty Mixture (Intensity: Medium | Time: 10 minutes)
  - Phase 2: Searing the Hamburger Steaks (Intensity: High | Time: 6–8 minutes)
  - Phase 3: Caramelizing the Onions (Intensity: Medium | Time: 8–10 minutes)
  - Phase 4: Building the Gravy (Intensity: Medium | Time: 5 minutes)
  - Phase 5: Simmering the Steaks in the Gravy (Intensity: Low | Time: 8–10 minutes)
  - Phase 6: Serving & Garnish (Intensity: Low | Time: 2 minutes)

- Timing & Intensity Summary
- Recipe Notes & Variations
- Nutrition Information (Estimated per serving, based on 4 servings)

Ingredients

For the Hamburger Steaks

- 1½ lbs (680 g) ground beef (80/20 is ideal for juiciness)
- ½ cup panko breadcrumbs
- ⅓ cup whole milk
- 1 large egg, lightly beaten
- 2 tbsp Worcestershire sauce
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp salt
- ½ tsp freshly ground black pepper

- 1 tbsp vegetable oil (for searing)

For the Onion Gravy

- 2 large yellow onions, thinly sliced (about 3 cups)
- 2 tbsp unsalted butter
- 2 tbsp all-purpose flour
- 2 cups beef broth
- 1 tbsp Worcestershire sauce
- 1 tsp Dijon mustard
- ½ tsp dried thyme
- ¼ tsp freshly ground black pepper
- Salt, to taste
- 1 tbsp chopped fresh parsley, for garnish

Equipment

- Large mixing bowl
- Large heavy skillet or cast-iron pan (12-inch)
- Spatula or tongs
- Whisk
- Small bowl (for the panade)
- Aluminum foil (optional, for tenting)

Instructions

Phase 1: Preparing the Patty Mixture (Intensity: Medium | Time: 10 minutes)

1. Soak the Breadcrumbs: In a small bowl, combine the panko breadcrumbs and milk. Let them sit for 5 minutes until the milk is fully absorbed and the crumbs are soft. This panade keeps the patties moist and tender — skip it and you'll get dense, dry steaks.

2. Combine the Ingredients: In your large mixing bowl, combine the ground beef, soaked breadcrumbs, beaten egg, Worcestershire sauce, garlic powder, onion powder, salt, and pepper.

3. Mix Gently: Using your hands, mix everything together just until combined. Intensity: Medium — this is the one step that demands your attention. Over-mixing develops the proteins and results in tough, rubbery patties. Stop as soon as the mixture holds together.

4. Form the Patties: Divide the mixture into 4 equal portions and shape each into an oval patty about ¾ inch (2 cm) thick. Press a shallow dimple into the center of each patty with your thumb — this prevents the centers from bulging as they cook. Set the patties aside on a plate.

Phase 2: Searing the Hamburger Steaks (Intensity: High | Time: 6–8 minutes)

5. Heat the Skillet: Place your large skillet over medium-high heat and add the vegetable oil. Let it heat for 1–2 minutes until shimmering. A properly hot pan is essential for a deep, flavorful crust.

6. Sear the Patties: Add the patties to the skillet and cook undisturbed for 3–4 minutes per side, until deeply browned. Do not crowd the pan — if your skillet is small, work in two batches. You're not cooking them fully through, just building color; they'll finish in the gravy. Intensity: High — stay at the stove and watch closely; the line between beautifully browned and burnt is thin.

7. Rest the Patties: Transfer the seared patties to a plate and tent loosely with foil. Do not

wipe out the skillet — the browned bits left behind are the foundation of the gravy's flavor.

Phase 3: Caramelizing the Onions (Intensity: Medium | Time: 8–10 minutes)

8. Melt the Butter: Reduce the heat to medium and add the butter to the same skillet, scraping up any loose browned bits as it melts.

9. Caramelize the Onions: Add the sliced onions and a pinch of salt. Cook, stirring occasionally, for 8–10 minutes, until the onions are soft, golden, and sweet. If the pan gets too dry, add a splash of beef broth to deglaze. Intensity: Medium — the onions need regular attention; stir every minute or two so they brown evenly rather than scorching on one side.

Phase 4: Building the Gravy (Intensity: Medium | Time: 5 minutes)

10. Make the Roux: Sprinkle the flour over the onions and stir constantly for 1 minute to coat them evenly. The flour will thicken the gravy as the broth is added.

11. Add the Broth: Pour in the beef broth gradually, whisking constantly to prevent lumps. Stir in the Worcestershire sauce, Dijon mustard, dried thyme, and black pepper.

12. Simmer and Thicken: Bring the gravy to a gentle simmer and cook for 3–4 minutes, stirring frequently, until it thickens enough to coat the back of a spoon. Taste and add salt as needed — the amount will depend on the saltiness of your broth. Intensity: Medium — keep the whisk moving; gravy scorches quickly if left unattended.

Phase 5: Simmering the Steaks in the Gravy (Intensity: Low | Time: 8–10 minutes)

13. Return the Patties: Nestle the seared hamburger steaks into the simmering gravy, spooning some of the onions and sauce over the tops.

14. Simmer Gently: Cover the skillet and cook over low heat for 8–10 minutes, or until the patties are cooked through and register 160°F (71°C) on an instant-read thermometer. Intensity: Low — this is the hands-off phase; let the pan do the work. Resist lifting the lid too often.

15. Check the Gravy: If the gravy becomes too thick while simmering, loosen it with a splash of beef broth or water.

Phase 6: Serving & Garnish (Intensity: Low | Time: 2 minutes)

16. Garnish and Serve: Sprinkle the finished dish with chopped fresh parsley. Serve the hamburger steaks and onion gravy over mashed potatoes, egg noodles, or steamed rice, spooning plenty of extra gravy over the top.

Timing & Intensity Summary

Phase	Task	Intensity	Time
1	Mix and form patties	Medium	10 min
2	Sear the patties	High	6–8 min

Phase	Task	Intensity	Time
3	Caramelize the onions	Medium	8–10 min
4	Build the gravy	Medium	5 min
5	Simmer steaks in gravy	Low	8–10 min
6	Garnish & serve	Low	2 min
—	Total	—	~40–45 min

Recipe Notes & Variations

- Mushroom Addition: Add 8 oz (225 g) sliced cremini mushrooms with the onions for an earthy, hearty upgrade.
- Make-Ahead: The patties can be formed and refrigerated up to 24 hours in advance, or frozen for up to 3 months. Thaw fully before searing.
- Meat Swaps: Ground turkey or a beef–pork blend both work well; if using lean turkey, add an extra tablespoon of oil when searing to keep the patties from sticking.
- Gravy Too Thin? Whisk a teaspoon of cornstarch into a tablespoon of cold water and stir it into the simmering gravy; it will thicken within a minute.
- Gravy Too Thick? A splash of beef broth or water restores the perfect consistency.
- Serving Suggestions: Creamy mashed potatoes are the classic pairing, but buttered egg noodles, crusty bread, or even cauliflower purée all work beautifully to soak up the gravy.

Nutrition Information (Estimated per serving, based on 4 servings)

Please note these values are estimates and will vary based on specific ingredients, brands, and portion sizes.

- Calories: 540 kcal
- Total Fat: 33g
- Saturated Fat: 13g
- Cholesterol: 160mg
- Sodium: 1,050mg
- Total Carbohydrates: 22g
- Dietary Fiber: 2g
- Total Sugars: 6g
- Protein: 37g