



french onion salisbury steak

NIBBLEDISH CONTRIBUTOR

Ingredients

Burger patties (Makes 2 ginormous burger patties):

1/2 lb minced beef
2 cloves garlic
1/4 medium size onion
1 T tomato paste
handful chopped parsley
handful grated parmesan cheese
s & p to taste
worcestershire sauce (eyeballed)
handful italian bread crumbs
1 egg

French Onion Soup:

- onion
- garlic
- tomato paste
- flour
- beef/chicken broth
- thyme
- parsley
- parmesan cheese

Instructions

Burger patties (Makes 2 ginormous burger patties):

***Combine and Mix all ingredients well. Do not overmix. Pan-fry the burger patties and set aside once browned on both sides.

French Onion Soup:

In the same pan (retaining the drippings), caramelize (2) medium sized onion, julienned. Sprinkle onions with 1 t sugar. Let them brown up. This process takes about 5 minutes. Add (1) clove garlic, minced and 1 T tomato paste. Sprinkle with (1) T flour and let the rawness cook off for a few mins. Stir in 2 C + 1/4 C beef or chicken broth. S & p to taste. Add 1/2 t dried thyme. Sprinkle with fresh parsley, chopped and a handful of grated parmesan cheese.

In keeping with the french onion soup concept, the burger patties were suggested to be served on cheese toasts (french bread or baguette sliced, buttered, topped with parmesan and swiss cheese and baked) with a generous ladle of the soup. I, however served it with rice. But, for this reason, I had to make the "soup/sauce" thicker. Towards the end, I diluted some cornstarch in H2O and added it to the simmering soup. To plate, I placed a burger patty on a bed of rice and topped with a generous ladle of the french onion soup.