

Betty's Pounded Round Steak with Onion Mushroom Gravy



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In this video, Betty demonstrates how to make Pounded Round Steak with Onion Mushroom Gravy. This is a hearty entrée for family or guests to enjoy.

Ingredients:

2 pounds round steak, cleaned of excess fat and cut into 12 equally-sized pieces
freshly ground sea salt
1 ½ cups flour
1 cup peanut oil (You may use any type of vegetable oil.)
freshly ground black peppercorns
3 tablespoons butter
1 chopped onion (about 1 ½ cups)
1 ½ cups chopped fresh portabella mushrooms
2 additional tablespoons butter
4 tablespoons flour
2 cups water

Place each piece of round steak on a cutting board and cover with a couple of thicknesses of plastic wrap. Pound with a meat mallet until about 3/8-inch thick and well-tenderized. Grind sea salt over both sides of the pounded steak. Place 1 ½ cups flour in a gallon-sized plastic bag. Place salted steak pieces in bag containing flour, and shake until steak is well-coated with flour, about 4 steak pieces at a time, until all pieces are coated. Heat 1 cup peanut oil in a large skillet over medium heat. When oil reaches 350 degrees (F), shake excess flour from steak pieces and place them into the hot oil in a single layer, if possible (but overlapping, if necessary). Grind fresh black peppercorns over steak in skillet. Shallow fry steak pieces until they are brown on the bottom and done halfway through. Use tongs to turn each piece. Grind fresh peppercorns over top again. Cook steak until bottom is brown, and fully cooked. Turn off heat and remove steak pieces to a platter that is lined with paper toweling. Tent the platter with aluminum foil, to keep steak pieces hot while they rest. To make the gravy, melt 3 tablespoons butter in a medium-sized saucepan over medium heat. Add 1 chopped onion and 1 ½ cups chopped fresh portabella mushrooms and sauté until onion is clear. Set aside. Pour off oil from skillet in which the steak pieces were cooked, leaving the crisp crumbs from the steak. Add 2 tablespoons butter to the skillet and set heat to medium. When butter is melted, add 4 tablespoons flour. Cook the butter and flour, along with the steak crumbs, stirring constantly, forming a roux, about 5 minutes. Add about 2 cups of water (start with less), and bring back to a boil, stirring constantly. Cook for about 5 minutes, or until gravy is of desired consistency. Add more water if gravy is too thick. Add more flour if gravy is too thin. Complete the gravy by adding sautéed onions and mushrooms, as desired. (I only added half of the amount of onions and mushrooms I had sautéed, saving the rest for serving alongside the steak and gravy.) Transfer fried steak pieces from paper toweling to a nice serving platter. Spoon Onion Mushroom Gravy over top of steak pieces. Serve immediately, with remaining sautéed onions and mushrooms at the side. This method of making round steak makes the steak very tender and tasty. I hope you enjoy it! --Betty :)