

Swiss Steak

Compliments of Chef Richard's Kitchen

Swiss Steak:

2 lbs. round steak –
cut into individual size pieces
½ C all-purpose flour
1 tsp smoked paprika
1 tsp garlic powder
½ tsp ground black pepper
1 large onion – chopped
2-3 carrots – peeled and chopped
28 oz can crushed tomatoes
7 oz diced tomatoes
8 oz sliced mushrooms
12 oz beef broth (more if desired)
1 Tbsp Worcestershire sauce

Begin with the meat. Use a low-cost round steak and cut them into about 6oz pieces. Place meat on a chopping block and use a tenderizing hammer to reduce thickness to about ½”.

Place flour, garlic powder, pepper and smoked paprika into a bowl and stir to combine. Dredge steaks in flour mixture to lightly coat. Set steaks aside on a plate. Reserve left over flour mixture.

Preheat oven to 350 deg F.

Heat 2 – 3 Tbsp oil in the bottom of a Dutch oven. Brown steaks in 2 batches, about 3 – 4 minutes per side. Add more oil if necessary. When all steaks are browned, add remaining flour to Dutch oven and stir, adding more oil until a brown roux forms. Add 6oz beef broth and stir. Add carrots and onion and sauté until onion pieces are translucent, making sure you scrape up any brown bits on the bottom. Add mushroom slices, crushed tomatoes and about half the can of diced tomatoes. Add more, if desired. Add Worcestershire sauce and remaining broth. Bring to a boil to begin the thickening process, then reduce heat to simmer. Simmer about 20 minutes. Add steaks into Dutch oven submerging them under the sauce. Cover and place into oven. Set timer for about 1 hour. After 1 hour, drop temperature to 300 deg F and cook for another hour. Remove Dutch oven from oven and check meat tenderness by inserting a fork. The fork should meet little resistance.

Remove cover and let steaks rest for about 10 – 15 minutes. Serve hot.

