

## Recipe for Swiss Steak

by  
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This recipe is very simple and easy to prepare. It will cook while you are gone and everyone will think you are a marvelous cook. London broil, round steak, and cutlets can be used among other beef cuts. Beef from our yellow dent corn feed steers that meet our Tender Texas Beef standards is the best choice.

Several persons have asked for my recipe to prepare Swiss steak. My recipe came from my mother (referred to by all who knew her as "Mamma D"), and her Swiss steak was a staple in our diet at the Valley Mills, Texas ranch (Bosque County) where we grew up. I assume she got it from her chef father, who owned and operated several restaurants at Lake Worth, Texas including The Trellis and Lacy's Place. Through the years she probably modified it somewhat, and it can be made nearly fat free. The fat can be of the healthy type.

Today, at the Chapman Family Ranch, we prepare one pound of the steak, minimum, for each person, knowing it may not all be eaten. It is actually even more delicious the second time it is served. I am a glutton for this Swiss steak and gravy!!! YUM! The gravy really makes it extra good, and I eat the gravy over mashed potatoes, dry toast and even biscuits.

### **Gather These Items and the Beef**

- Minimum of one pound of steak for each person.
- Heavy skillet for browning the beef – I use Lodge, cast iron.
- Dutch oven with lid, oven proof type – I use Lodge (a Dutch oven is a heavy duty pot with a snug fitting lid).
- Knife.
- Cutting board .
- Heavy duty fork and tongs.
- Whisk.
- Spoon and/or spatula .
- Splatter screen if you have one or want to use it.
- Large, flat bowl or plate to hold the flour.
- Oil (olive, canola) or butter.
- Flour.
- Black pepper.
- Salt (if you use it).
- Milk, I use skim but you may use any type.
- Campbell's Healthy Request Mushroom Soup.
- Pam spray.

### **Prepare the Oven and Beef**

Set your oven at 250 degrees if you have plenty of time, higher if you have less time. If you need to be away for several hours, set it at 225 degrees.

Check your beef to be sure there is not any fat left on it. If there is, use a cutting board and knife to remove it.

Cut the steak into the serving sizes you would like, but this is not really necessary because when the steak is cooked it will break apart with the weight of a spoon. I call this really tender.

### **Next Preparation Steps**

- Turn on the stove vent.
- Put the heavy skillet on a burner set to medium high.
- Put ½ cup of oil in the skillet.
- Allow the skillet to heat while you get your steak ready.
- Spray the Dutch oven with Pam for easier clean up later and set it close to your skillet for convenience.
- Put flour in a flat dish. How much you ask? How much steak are you going to cook? Start with a cup of flour and add to it as needed.
- Sprinkle the flour with black pepper and salt if desired.

### **Coat & Brown the Steak**

Put each piece of steak into the flour, pressing it down firmly against the flour to coat the steak very well on both sides. Turn it over to coat it again if needed.

Place the floured steak into the heavy skillet of sizzling oil, and when the first side is brown, turn it to over to brown the other side. You do not need to cook the steak --- just brown both sides.

After each piece of steak is browned, put it in the Dutch oven. The steak will cook in the Dutch oven so you do not need to thoroughly cook it in the skillet.

Keep cooking the steak in the sizzling oil until all the steak is browned; adding oil as needed.

Do not discard the contents of the skillet at this point because you will need it to make the gravy.

### **Make the Gravy Mixture**

For each cup of gravy you want to make, mix 1/3 cup of flour and enough water in a bowl to make a thin paste (make sure it is lump free).

Set the burner temperature under the skillet you saved from browning the steak to low or medium low.

For each cup of gravy, add one cup of cold milk into the skillet and warm it (but not too hot).

Use a spoon or spatula to deglaze the skillet, scraping the bottom and sides of the skillet until all the yummy, brown, crusty pieces are released from the skillet into the milk.

After the skillet is completely deglazed, drizzle the thin flour and water mixture into the now warm milk in the skillet, constantly whisking it (careful here or you will have dumplings).

Cook this mixture, stirring constantly to keep it from lumping until it begins to thicken slightly.

After the mixture begins to thicken slightly, add one can of Campbell's Healthy Recipe Mushroom soup into the skillet for each 2-3 pounds of steak.

Stir the mixture briskly to make it smooth. You may need to add more milk or water as the gravy thickens.

Salt and pepper to taste.

### **Cook the Swiss Steak**

Pour the gravy mixture over the steak in the Dutch oven. The gravy should cover the steak by at least one inch. Be CAREFUL because it might splatter when you pour it, and it will be HOT!

Don't worry if the gravy is thin at this point because it needs to be. It will thicken as your beef cooks. If it is not thin, add some more liquid at this time.

Put the lid on the Dutch oven and place it into the 250 degree oven.

Check it ever hour or so to be sure there is plenty of moisture. I leave it until it becomes so tender it just breaks apart. **YUM!** Gosh, it is really good when cooked in this manner. It may take several hours at this temperature, but if time is short, just raise the temperature.

It can also be placed into a 350 degree oven to reduce the cooking time.

### **Cooking While You Are Out of the Kitchen**

If you want to go away and leave the steak in the oven for a while, just add a little more milk (or water) to the Dutch oven before you depart. If the Dutch oven lid is tight, do not add too much moisture until you know how it will cook in your oven.

If you need to be gone for an extended time, put extra milk or water into the pot and set the temperature at 225 degrees. At that setting, you can probably leave it in the oven for a half-day, and it will cook perfectly without any trouble.

When you return to the kitchen, check it and add milk if necessary.

If it is not tender when you return, increase the heat to finish cooking it.

Serve the steak in your Dutch oven (it is a nice presentation.) BE CAREFUL, IT WILL BE REALLY HOT.

### **Conclusion**

If you have any questions, just ask ([Barney@ChapmanFamilyRanches.com](mailto:Barney@ChapmanFamilyRanches.com)).

If you try the above recipe, please tell me about your experience and how it was for your family.

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**DNA tested, Guaranteed Tender Beef, it's what's for dinner!**

**(YUM!)**