

Salisbury Steak

Meat/Meat Alternate

Main Dishes

D-33

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	8 lb		16 lb		1. Blend all ingredients in mixer for 4 minutes on low speed. DO NOT OVERMIX.
Rolled oats	12 oz	1 qt ¼ cup	1 lb 8 oz	2 qt ½ cup	
Frozen whole eggs, thawed	6 oz	¾ cup	12 oz	1 ½ cups	OR Fresh large eggs (see Special Tip)
		OR 4 each		OR 7 each	
Beef stock, non-MSG		1 cup		2 cups	
Instant nonfat dry milk	2 ¼ oz	1 cup	4 ½ oz	2 cups	
*Fresh onions, chopped	12 oz	2 cups	1 lb 8 oz	1 qt	OR
Dehydrated onions	2 ¼ oz	1 cup 2 Tbsp	4 ½ oz	2 ¼ cups	
Dried parsley		¼ cup		½ cup	
Ground black or white pepper		1 ½ tsp		1 Tbsp	
Salt		2 tsp		1 Tbsp 1 tsp	
					2. Portion 25 steaks onto each ungreased sheet pan (18" x 26" x 1") with a firmly packed level No. 10 scoop (¾ cup). Flatten into an oval pattie. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					3. Bake: Conventional oven: 350° F for 25-30 minutes Convection oven: 300° F for 15-20 minutes CCP: Heat to 165° F or higher for at least 15 seconds.
					4. Transfer steaks to steamtable pans (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					5. CCP: Hold for hot service at 135° F or higher. Portion 1 pattie (2 ¼ oz).
					6. Serve with Brown Gravy (see G-03) or Meatless Tomato Sauce (see G-07).

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Comments:

*See Marketing Guide.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	14 oz	1 lb 12 oz

SERVING:

1 portion provides 2 oz equivalent meat/meat alternate.

YIELD:

50 Servings: about 8 lb 9 ½ oz

100 Servings: about 17 lb 3 oz

VOLUME:

50 Servings: 1 gallon 1 quart (meat mix)
2 steamtable pans

100 Servings: 2 gallons 1 quarts (meat mix)
4 steamtable pans

Tested 2004

Special Tip:

For 50 servings, use 2 oz (¾ cup) dried whole eggs and ¾ cup water in place of eggs.

For 100 servings, use 3 ½ oz (1 cups 3 Tbsp) dried whole eggs and 1 ½ cups water in place of eggs.

Nutrients Per Serving

Calories	186	Saturated Fat	4.22 g	Iron	2.00 mg
Protein	16.67 g	Cholesterol	63 mg	Calcium	40 mg
Carbohydrate	5.95 g	Vitamin A	47 IU	Sodium	156 mg
Total Fat	10.18 g	Vitamin C	0.5 mg	Dietary Fiber	0.8 g