

## SALISBURY STEAK

Yield 100

Portion 4.5 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
327 cal	12 g	31 g	16 g	119 mg	514 mg	49 mg

**Ingredient**

MILK,NONFAT,DRY  
 WATER,WARM  
 BREADCRUMBS  
 BEEF,GROUND,BULK,RAW,90% LEAN  
 ONIONS,FRESH,CHOPPED  
 EGGS,WHOLE,FROZEN  
 SALT  
 PEPPER,BLACK,GROUND  
 WORCESTERSHIRE SAUCE

**Weight**

3-1/4 oz  
 3-7/8 lbs  
 4-3/4 lbs  
 28 lbs  
 3 lbs  
 1 lbs  
 3 oz  
 1/4 oz  
 2-7/8 oz

**Measure**

1-3/8 cup  
 1 qts 3-1/2 cup  
 1 gal 1 qts  
 2 qts 1/2 cup  
 1-7/8 cup  
 1/4 cup 1 tbsp  
 1 tbsp  
 1/4 cup 1-2/3 tbsp

**Issue**

3-1/3 lbs

**Method**

- 1 Reconstitute milk.
- 2 Add milk to bread; let stand 5 minutes.
- 3 Combine bread mixture with beef, onions, eggs, salt, pepper, and Worcestershire sauce; mix thoroughly.
- 4 Shape into steaks about 1 inch thick by 4 inches weighing 6 ounces.
- 5 Place on sheet pans; using a convection oven, bake at 325 F. on high fan, open vent for 20-25 minutes or until well done. CCP: Internal temperature must reach 155 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**Notes**

- 1 Salisbury steak may be grilled. Lightly spray griddle with non-stick cooking spray. Cook patties on lightly sprayed 350 F. griddle. Grill 8 minutes on each side or until steaks are well done. CCP: Internal temperature must reach 155 F. or higher for 15 seconds. Hold for service at 140 F. or higher.