AMERICAN

Swiss Steak

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	**4**	**20 min**	**1 hr 45 min**	**Braise**	**Outside round**

Ingredients

- 900 g (2 lb) outside round steak, about 2 cm (¾ in) thick, cut into 4 pieces
- 70 g (½ cup) all-purpose flour
- 1 tsp salt, plus more to taste
- ½ tsp black pepper
- 3 tbsp vegetable oil
- 1 large onion, sliced
- 1 green bell pepper, sliced
- 2 celery stalks, sliced
- 2 cloves garlic, minced
- 400 g (14 oz) can diced tomatoes
- 250 ml (1 cup) beef stock
- 1 tbsp Worcestershire sauce
- 1 tsp dried thyme
- Mashed potatoes or egg noodles, to serve

Steps

1. Mix the flour, salt and pepper on a plate. Place the steak on a board and pound the flour mixture into both sides with a meat mallet, until each piece is about 1 cm (⅜ in) thick. This "swissing" tenderises the lean meat.
2. Heat the oil in a large, heavy skillet or Dutch oven over medium-high heat. Brown the steaks for 3 minutes per side, until deep golden. Move to a plate.
3. Lower the heat to medium. Cook the onion, pepper and celery for 6 minutes, until soft. Stir in the garlic for 30 seconds.
4. Add the tomatoes, stock, Worcestershire and thyme. Stir, scraping up the browned bits (fond), and bring to a bubble.
5. Return the steaks and spoon sauce over them. Cover and braise on low heat (or in a 160°C or 325°F oven) for 1 hour 15 minutes to 1½ hours, turning once, until fork-tender.
6. Uncover and simmer for 5 minutes if the sauce needs to thicken. Taste and adjust the salt.
7. Serve the steaks smothered in sauce on mashed potatoes or noodles.

Notes

- **Other cuts:** inside round, sirloin tip or chuck steak work equally well.
- **Make ahead:** it reheats better than it cooks the first time; keep up to 4 days, or freeze for 3 months.
- **Slow cooker:** brown first, then cook on low 7–8 hr or high 4 hr. Simmer uncovered on high for 20 minutes to thicken.
- **Chef's touch:** stir a splash of red wine vinegar into the finished sauce to wake up the tomato.
- **Pair with:** buttered green beans or peas.
- **Twist:** for a smoky, non-traditional version, add 1 tsp smoked paprika with the thyme.