

SWISS STEAK

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Swiss Steak??

Swiss steak was a favorite in my husband Dave's household when he was growing up in west central Wisconsin.

When he recalls this fork-tender meal, he tilts back his head, closes his eyes, and is transported back to his mother's kitchen.

Swiss steak isn't a cut of beef, it's a way of preparing a lean cut so that it emerges from the pot tender and succulent in a lovely gravy.

Cooked properly, the connective tissue in a round steak, or other lean cut, melts into deliciousness.

A stove-top or electric pressure cooker will help you bring moist, delicious Swiss Steak to your table.



Pressure Cooker Deliciousness

Ingredients

- 2 to 2.5 lb. lean cut of beef, such as round steak
- 2 T grape seed or canola oil
- 1 onion, coarsely chopped
- 1 tsp dry thyme leaves
- 1 tsp freshly ground pepper
- 1 bay leaves
- 1 1/2 c beef or chicken broth
- 1/4 c all purpose flour
- 1 tsp ground pepper
- 1 tsp salt

You'll need a meat mallet or a heavy-bottomed wine bottle for this recipe.

About Pressure Cookers

When I bought my first pressure cooker several years ago, I found very few books to help me. Today, there are dozens of books, blogs and websites devoted to this time-saving and nutrient-boosting tool.

While the appliances of yesteryear were usually aluminum and a bit intimidating, today's models are stainless steel, designed for safety, and feature lift-out pot inserts.

Tip: Look for stainless steel inserts.

There are two types of pressure cookers: stovetop and electric. I own and use both all the time.

The stovetop appliance is easy to use, but requires monitoring to make sure the heat under the cooker is just high enough to keep the device at pressure. Stove top pots reach cooking pressure and cool down more quickly than the electronic models.

Tip: Never fill a pot more than 2/3 full.

On the other hand, you can pre-program the multi-functional electric models, and walk away.

Instructions

1. Pat the beef dry.
2. Combine flour, salt, pepper and thyme leaves in a large plastic bag.
3. Add beef to the bag and toss with the flour mixture.
4. Lay the bag on a sturdy kitchen surface and pound the beef with the flat surface of the mallet or bottle.
5. Pound vigorously for three or four minutes to drive the seasoned flour into the meat, and to tenderize it. The cut will flatten and stretch out.
6. Let the beef rest as you continue with the next steps.
7. Heat your pressure cooker on medium high (for stovetop) or on the braise setting for your electric pressure cooker.
8. Add the onion and sauté 5-10 minutes until translucent.
9. Add the broth to the pot, and use a wooden spoon or spatula to scrape up the browned bits.
10. Add the beef, flipping once to make sure all surfaces are moistened.
11. Lock down the pressure cooker lid. Set to high pressure.
12. Once the pressure cooker has reached pressure, cook for 25 minutes.
13. Naturally release pressure by turning off the heat under the stove-top cooker or by unplugging the electric cooker.
14. If the indicator of the **stovetop model** is still elevated after 15 minutes, do not open the pressure cooker. Instead, move the pressure cooker to the sink, and run cold water over the cooker until the indicator shows that the pressure is released. Wait another minute. Then open the lid.
Note: the **electric pressure cooker** will take 20 minutes or more to reduce pressure.
15. Serve.

Enjoy with rice or potatoes, a vegetable and/or salad.



For additional recipes, to order your 100% grass-fed beef, and to learn about my journey from the *Bronx to the Barn*, visit www.bullbrookkeep.com.

