

Swiss Steak

3 pounds round steak, sliced ½-inch thick
½ pound of mushrooms, preferably Cremini
2 onions, chopped medium
3 carrots, diced
2 celery stalks, diced
16-ounce can tomatoes, drained and chopped
1 quart beef stock
1 tablespoon fresh thyme leaves
1 bay leaf
Flour, about ⅔ cup
3 tablespoons butter
2 tablespoons olive oil
Vegetable oil to sauté the steak
Salt and pepper

Dry the slices of steak with paper towels. Sprinkle flour, salt, and pepper on each slice. Pound with a meat mallet or a rolling pin until the flour is incorporated. Turn slices over and pound with more seasoned flour until the meat seems tenderized. Cut into pieces about 3½ inches square.

Wash and dry the mushrooms. Quarter or slice them. In a large, heavy Dutch oven, heat the butter and olive oil until the foam subsides. Brown the mushrooms. (Do not crowd too many in the pan, or they will exude liquid and steam.) When lightly browned remove to a separate dish with a slotted spoon and season with salt and pepper.

Add vegetable oil to the pot, and sauté the steak a few slices at a time on both sides until nicely browned. Remove to a separate dish. Over low heat lightly brown the onions, carrots, and celery. Return the meat to the casserole, spooning the vegetables on top. Add the tomatoes, the mushrooms, the thyme, the bay leaf, and the beef stock. Bring to the simmer.

Cover the pot and place in a 325° oven. Cook for 2 to 2½ hours stirring occasionally until the meat is fork tender. If the liquid evaporates too much, add more beef stock or water. When tender remove from the oven, uncover, and let sit for about 15 minutes. Spoon off any fat from the top of the casserole. If any still remains, skim a strip of paper towels across the top to remove as much oil as possible. May be prepared ahead to this point.

Bring to the simmer on top of the stove. Remove the bay leaf and taste for seasoning. Serve over mashed potatoes.

Note: *If you prefer a more pronounced tomato flavor, you could add the liquid from the canned tomatoes.*