

Warrior Hamburger Steaks

Serves 4

Ingredients

- 2 pounds ground beef (80% lean)
- 200 grams breadcrumbs or ?? panko.
- 2 eggs
- 1 1/2 teaspoons salt
- 1/2 teaspoon black pepper
- 1 large onion, diced

Sauté onion in either olive oil or butter. When onions are an amber color, take pan off heat & turn off stove. Put the onions aside to cool down.

Put beef in a large mixing bowl. Add panko, salt, pepper, eggs, and onions. Mix thoroughly.

Heat olive oil or butter in a large cast iron pan, medium-low. Add beef once heated. Compress meat into a big patty shape, including rounding off edges. Push divot in center of the patty.

Leave hamburger steak alone to cook on low heat for 6 minutes.

Loosen sides of the patty with a spatula then moving the patty onto a large plate. While wearing heat resistant oven mitts turn over pan used earlier & cover hamburger steak on plate then flip both together so patty is back in the pan with raw side down.

Put pan back on stovetop & cook the raw side again for 6 minutes. After 6 minutes add about 250 milliliters of water into pan, enough to cover top of hamburger steak.

Turn heat up to medium then cover the pan with a lid; cook meat for about 15 minutes until meat internal temperature is good. Can stick a toothpick in middle to test instead.

Transfer hamburger steak to a large plate then enjoy.