

SALISBURY STEAK

3 lbs. ground chuck
1 TBS. finely chopped green pepper
1/4 cup finely chopped onion
2 TBSP. chopped parsley
1 tsp. salt
1 tsp. Tabasco sauce
1/2 tsp dried leaf thyme
Flour
1/4 cup salad or olive oil

Combine meat, green pepper, onion, parsley, salt
Tabasco sauce and thyme.
Shape meat mixture into eight oval patties.
Sprinkle lightly with flour and brush with oil.
Broil about 6 minutes on each side or to
desired degree of doneness. Arrange on a
serving platter and pour Belmont Sauce over steaks.

BELMONT SAUCE

3 TBS. butter
1/2 cup catsup
1 TBS. lemon juice
1 tsp. Worcestershire sauce
1 tsp. prepared mustard
1/4 tsp. Tabasco sauce
2 TBS. sherry

Melt butter in saucepan. Stir in next 5 ingredients.
Blend thoroughly. Add sherry and bring just to
boiling point.

Yield: 8 servings