

SWISS STEAK

MOM

ROUND STEAK CUT 3/4 TO 1 INCH THICK

CUT ALL FAT OFF. SPRINKLE WITH SALT, PEPPER AND ONION POWDER. SIFT FLOUR OVER THAT. POUND FLOUR IN WITH THE EDGE OF A SAUCER. POUND UNTIL FLOUR IS PRETTY WELL INTO THE MEAT. TURN AND DO THE SAME TO THE OTHER SIDE. BROWN SLOWLY IN HOT FAT - BOTH SIDES. WHEN BROWN ADD TWO CUPS WATER. NEVER COVER MEAT. PUT A LID ON AND PUT IN 325° OVEN. CHECK OFTEN ADDING WATER AS NEEDED. NEVER LET THE MEAT GET DRY. BAKE ABOUT 3 TO 4 HOURS. LIFT MEAT OUT AND MAKE GRAVY WITH DRIPPINGS. ADD MORE WATER IF NECESSARY. THICKEN WITH CORNSTARCH MIXED WITH COLD WATER. ADD MUSHROOMS TO SAUCE, IF DESIRED

FIGURE ONE-HALF POUND OF MEAT PER PERSON