

# SWISS STEAK WITH TOMATO GRAVY

**MEAL COMPONENT CONTRIBUTION:**

2 oz. eq. meat/meat alternate, 1/8 cup red/orange vegetable

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1 steak

**RECIPE HACCP PROCESS:** #2 - Same day service


MEAT/MEAT ALTERNATE : VEGETABLES (RED/ORANGE)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Bun, Hamburger, WGR, #1228	28 buns
Beef, Gound, 80/20, #1001	18 pounds
Onions, Frozen, Diced, #1610	2 1/2 cups
Salt, Table, #2723	2 tablespoons
Pepper, Black, Ground, #2718	2 teaspoons
Milk, Dry, Nonfat Powder, #2019	3/4 cup
Water, Municipal, Mississippi	3 3/4 cups
Sauce, Worcestershire, Bulk, #2258	1/2 cup
Oil, Vegetable, #2507	1 cup
Flour, All Purpose, Enriched, #2011	2 cups
Sauce, Browning/Seasoning, #2254	1 tablespoon
Salt, Table, #2723	1 teaspoon
Pepper, Black, Ground, #2718	1 tablespoon
Sauce, Tomato, #10 Can, #2826	1 #10 can

**DIRECTIONS**

- Thaw the beef and onions in the refrigerator. Drain the onions thoroughly on the day of assembly.  
CCP: Hold under refrigeration (41 degrees F. or lower) until ready for assembly.
- To make breadcrumbs, toast the hamburger buns in a low temperature oven (200 degrees F) until slightly golden brown and firm.  
Cool the buns, before preparing crumbs.  
Break the buns into pieces and place them in a food processor or appropriate grinder. Process the bread until the desired crumb size is obtained.
- Combine the ground beef, bread crumbs, onion, salt, black pepper, powder milk, water and Worcestershire Sauce.
- Use a #10 scoop to shape the meat into 2½ ounce portion patties then place them on parchment paper lined sheet pan.
- Flatten the patties slightly by placing placement paper and another sheetpan on top of the patties. Press on the top sheetpan with both hands to flatten the steaks.
- To bake:  
Convection oven: 325 degrees F for 1 hour, 30 minutes, or they until brown.  
Conventional oven: 325 degrees F for 2 hours, or until they are brown.  
CCP: Heat to 155 degrees F or higher for 17 seconds at the completion of the cooking process. If the manufacturer instructions on the package or case have a higher temperature, follow those recommendations.

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## DIRECTIONS

7. Remove the steaks from the oven and place them in steamtable pans, approximately 25 steaks will fit into each pan. Cover them and place them in a warmer until ready for service. If aluminum foil is used as a cover, cut holes in aluminum foil.

CCP: Hold and maintain the product at a minimum of 135 degrees F or higher. Check temperature every 30 minutes.

8. TO MAKE THE TOMATO GRAVY:

- Combine the oil and flour, then it brown slightly.
- Add the browning sauce, salt, black pepper, and tomato sauce. Mix these ingredients well to combine.
- Simmer until thickened.

9. Cover the steaks with tomato gravy. Serve immediately, or place them in a warmer until ready for service. If aluminum foil is used as a cover, cut holes in aluminum foil.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F.

10. Portion 1 steak with 1 ounce tomato gravy per serving. Each portion provides 2 oz. eq. meat/meat alternate and 1/8 cup red/orange vegetable.

CCP: Hold and maintain the product at a minimum of 135 degrees F or higher. Check temperature every 30 minutes. Leftovers should be covered, labeled and dated. Quick chill within 2 hours to 70 degrees F or lower and from 70 to 41 degrees F within an additional 2 hours.

## PRODUCTION NOTES

Use USDA Foods products when available.

Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if recipe is altered.

If changes are made in ingredients, check crediting information and re-calculate the nutrition analysis.

"Culinary Techniques for Healthy School Meals: Preparing Meats" provides seasoning and serving ideas for meats.

## NUTRIENTS PER SERVING

Calories	240	Dietary Fiber	1.48 g	Sodium	456.00 mg	Sat. Fat	4.82 g
Carbohydrates	12.89 g	Protein	12.80 g	Total Fat	14.92 g	Trans Fat	0.00 g

# SWISS STEAK WITH TOMATO GRAVY

## ILLUSTRATED STEPS FOR PREPARATION OF SWISS STEAK WITH TOMATO GRAVY

1.



Portioning steaks with a #10 scoop

2.



Covering steaks with a sheet pan liner to flatten them

3.



Flattening the steaks

4.



Flattened steaks

5.



Making the tomato gravy

6.



1 serving of Swiss Steak with Tomato Gravy