

## Danish Ground Round Steak with Onions

Author: Originally from a Sunset magazine article, probably in the 1970's.

Carolyn T's  
Internet  
Cookbook

Servings: 4



*Notes: The proportions of things are a bit different than the original recipe (less onions, more Worcestershire, using olive oil rather than margarine).*

*Description: A dandified hamburger with a delicious onion sauce*

1. In a large (10-inch) frying pan set over medium heat, melt the butter and add oil. Saute the onions, stirring occasionally, until onions are limp and beginning to brown (about 20-25 minutes). Stir in the salt about halfway through the cooking process. Transfer the onions to a bowl and keep in a warm place (low oven).
2. Shape the ground beef patties (with salt and pepper added) into 4 equal portions, about 1/2 inch thick. Dust them with flour and shake off any excess. In the same frying pan add more oil and butter and saute the patties over medium-high heat until they are well-browned, about 4-5 minutes per side. Transfer the meat to a heated platter and keep in a low oven until ready to serve.
3. Pour off any fat remaining in the pan. Put it back over medium heat and add the cream and Worcestershire sauce. Using a spatula, stir around, scraping up any of the brown bits in the pan until the sauce has darkened a bit and thickened slightly.
4. Serve meat on individual plates, spoon the onions over the top and scrape some of the sauce over the onions. Garnish with parsley.

### BURGERS:

**1 1/4 pounds lean ground beef**

**Salt and pepper to taste**

**1/4 cup all-purpose flour**

**1 tablespoon olive oil**

**2 teaspoons unsalted butter**

### ONIONS:

**4 small yellow onions, thinly sliced**

**1 tablespoon olive oil**

**2 teaspoons butter**

**1 teaspoon salt**

### SAUCE:

**1/2 cup heavy cream**

**2 teaspoons Worcestershire sauce**

**2 tablespoons Italian parsley, for garnish**

**Blog: Carolyn T's Blog:**

**<http://tastingspoons.com>**

*Per Serving (excluding unknown items): 644 Calories; 51g Fat (72.0% calories from fat); 28g Protein; 17g Carbohydrate; 2g Dietary Fiber; 158mg Cholesterol; 691mg Sodium. Exchanges: 1/2 Grain(Starch); 3 1/2 Lean Meat; 1 1/2 Vegetable; 0 Non-Fat Milk; 8 Fat; 0 Other Carbohydrates.*

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