



President Ford's Braised Eye Round Steak

Jacob · 28/09/2024



Prep Time

1 hr 30 mins

Difficulty

Medium

Servings

6

Description

Beef eye of round steaks are simmered in a red wine sauce until tender enough to cut with a fork. This is said to be one of former President Ford's favorite recipes.

Ingredients

- 2 tablespoons vegetable oil - 2 large onions
- sliced - 12 (4 ounce) beef eye of round steaks - 1 teaspoon seasoned salt - $\frac{1}{4}$ teaspoon dried thyme - $\frac{1}{4}$ cup all-purpose flour for coating - 1 cup Burgundy wine - 1 cup beef consommé - 1 teaspoon chopped fresh parsley

Instructions

1. Heat oil in a large skillet over medium-high heat. Add onions; cook and stir until lightly browned and tender
2. about 5 minutes. Use a slotted spoon to transfer onions to a bowl. Dotdash Meredith Food Studios Season steaks with seasoned salt and thyme
3. then dust lightly with flour. Fry steaks in the skillet over medium-high heat until browned
4. about 5 minutes per side. Dotdash Meredith Food Studios Pour red wine and beef consommé into the skillet with steaks. Return onions to the skillet. Cook until the aroma of wine dissipates
5. 2 to 3 minutes. Dotdash Meredith Food Studios Reduce heat to low
6. cover
7. and simmer for 1 hour. Serve steaks with sauce
8. garnish with chopped parsley. Dotdash Meredith Food Studios