AMERICAN · DINNER · LUNCH

# Hamburger Steak with Creamy Pan Gravy

30 min · Serves 1 · 746 kcal a serve · Video 2:59 · CarnivorousChef

Carnivore · Gluten-free ingredients · No nuts listed

One half-pound beef patty with a pan gravy made from stock and cream, with no flour or sugar: about 47 g of protein, and rich in vitamin B12, zinc and selenium.

**Diet notes:** Keto (4 g net carbs a serve).

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## Ingredients 6 · SERVES 1

- [ ] 225 g **ground beef**
- [ ] **salt**, to season generously
- [ ] **black pepper**, to season generously
- [ ] 180 ml **beef stock**, reduced by half in the pan
- [ ] ⅛ tsp **garlic powder** (optional)
- [ ] 80 ml **heavy cream**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

**Allergens found in the listed ingredients:** Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

## Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 160°C. Squeeze the ground beef into a ball, then press and turn it into a thick, even round steak with straight sides. 0:09
2. Season both sides and the edges generously with salt and pepper (roll the edges in the excess), then press a shallow crater into the middle to give the thick patty room to expand. 0:44
3. Heat a heavy oven-safe pan over medium-high heat until it just smokes. Sear the patty about 4 minutes, until the crust creeps up the sides, then flip and sear the other side about the same. 1:04
4. Move the pan to the oven for about 6 minutes (for medium), then lift the patty out to rest. 1:38
5. Put the pan back over medium heat, pour in the beef stock and scrape up the browned bits. Reduce by half, adding the garlic powder if you like. 1:49
6. Stir in the cream and reduce until the sauce leaves a trail when you drag a spatula through it. Taste for salt and pepper and spoon it over the hamburger steak. 2:11

> **Tip** Serves 1. Rest the patty while you make the sauce; carry-over heat will take it a little past medium. Leave out the garlic powder for strict carnivore. Bone broth works in place of stock.

The method is a summary in our words — the video shows every step.

## One serve gives you 1 OF 1 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE | FIBRE | FAT | SODIUM |
|---|---|---|---|---|---|
| 746 kcal | 47 g | 4.2 g | 0.2 g | 60 g | 1,390 mg |
| 3,120 kJ | 93% of a day | 4 g net · 3.1 g sugars | 1% of a day | 30 g saturated | 61% of a day |
| | | 2% of a day | | 76% of a day | |

**Energy from** net carbs 2% · protein 25% · fat 73% — fits keto: 4 g net carbs, 73% of the energy from fat

**High in** (20%+ of a day) Vitamin B12 198% · Zinc 99% · Selenium 70% · Vitamin B6 39% · Vitamin A 37% · Iron 27% · Omega-3 21%

**Source of** (10–19%) Potassium 15% · Magnesium 12% · Vitamin E 10%

⚠ One serve has about 61% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

**Recipe and video:** CarnivorousChef (@CarnivorousChef) on YouTube — youtube.com/watch?v=3XXxwKMlau8, published 21 October 2024. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/carnivore-hamburger-steak-cream-gravy