

SALISBURY STEAK –

Last edition a story appeared about an underway replenishment (UNRED). The boxes of Salisbury Steak that came on-board FRANK KNOX were dated “1943”. The Navy uses ammunition that old on a “first in, first out” basis however, 1943 Salisbury Steak is a bit of a stretch. Is it possible? Well, yes, it is. Salisbury Steak frozen continuously at 0 degrees F will last “indefinitely” according to research. When thawed it would be wise to cover it with good old Navy Gravy before you eat.

Navy Gravy is easy to fix just follow these steps.

1. Stove at medium low heat while whisking a cup of flour and a cup of oil together.
2. Stir in a little beef dripping from some hamburger you previously cooked and set aside.
3. The color of the mixture will slowly turn the color of peanut butter.
4. Add a pinch of salt and a pinch of pepper while stirring. The texture will drip nicely off your whisk. Cover your Salisbury Steak with the gravy and enjoy.
5. Mop up the left-over gravy by toasting two slices of toast tight medium brown.
6. Stir in the left-over beef and last drippings and a touch of oil.
7. Stir together over the toast for Navy Beef Gravy over toast. Um Um!