



WHAT IS GROUND STEAK?

Ground steak originated in Surry County during the Great Depression as a way to stretch the amount of servings from a pound of ground beef or ground chuck.

Cooks would brown or boil the meat, add flour and water (or milk), and season with salt and pepper. This resulted in a tender, loose-meat patty that was placed on a bun and often topped with mayonnaise, slaw and tomato, although some places served it on a plate, minus the bun, accompanied by sides.

So tasty was this frugal creation that it remained on local menus long after the tough times of the 1930s.

Although it has a similar consistency, ground steak is not to be confused with a sloppy joe, which is spicier and made with ketchup or Worcestershire sauce.

Ground steak hooks you from the first bite with a juicy, melt-in-your-mouth flavor that is unmistakable.



VARIATIONS OF GROUND STEAK

While the basics of making ground steak are similar, each eatery along the trail has a slightly different recipe. Several of these recipes are considered "secret" and not shared with the public.

There are also variations in the way ground steak can be ordered. Some eateries serve it on a plate without a bun and accompanied by sides. Others mix ground steak with eggs for breakfast, or serve it on a biscuit or sourdough bread throughout the day.

NC GROUND STEAK FESTIVAL

The North Carolina Ground Steak Festival takes place the second Saturday in June in downtown Dobson. Enjoy the famous ground steak sandwich of Surry County, along with live bluegrass and old-time string music, a juried arts and crafts show and a children's area with activities. The festival is presented by the Dobson Tourism Development Authority. Details are available on the Discover Dobson Facebook page.



The Surry Ground Steak Trail is one of two culinary trails showcasing popular heritage foods passed down through generations in Surry County, North Carolina. The other is the Surry Sonker Trail: SonkerTrail.org.



Unmistakably Delicious



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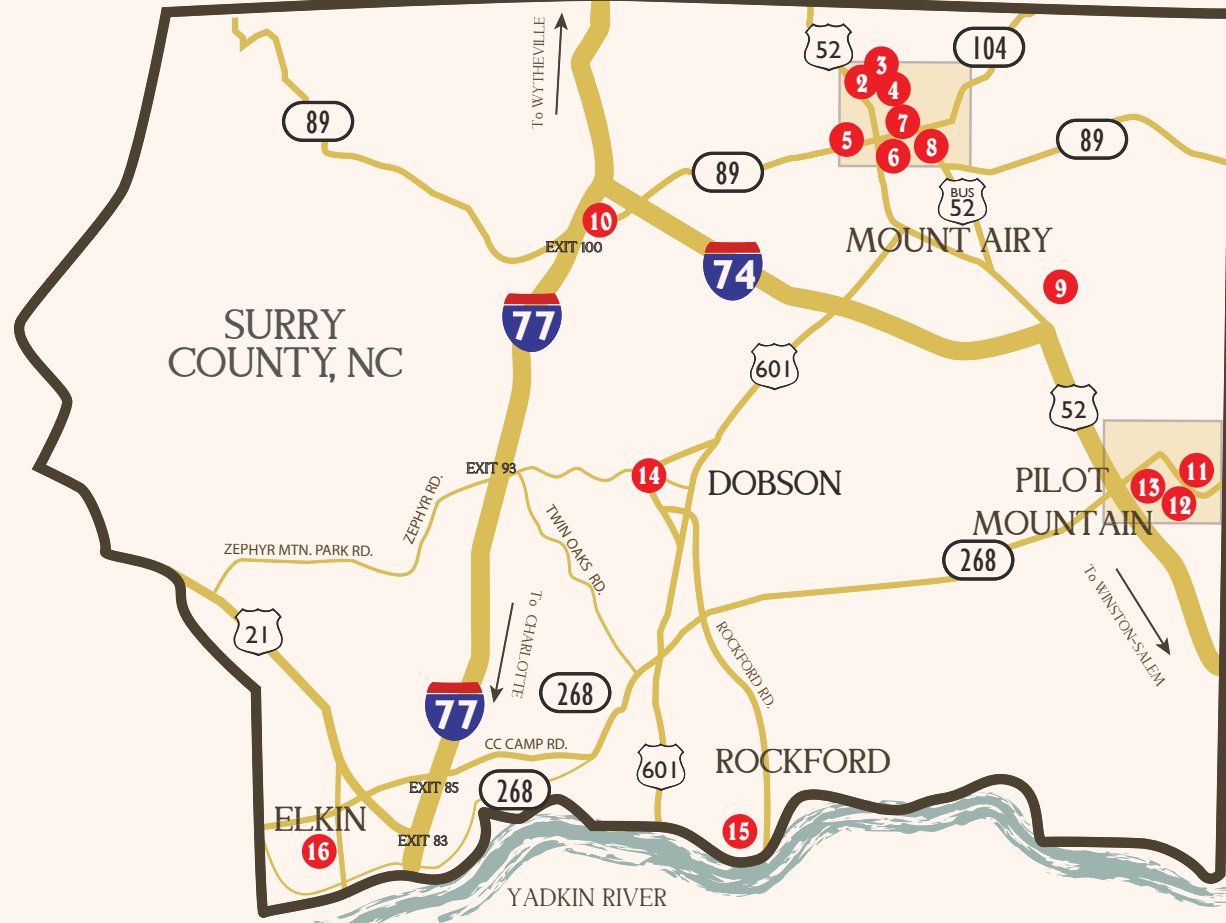
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LODGING ALONG THE TRAIL

All types of lodging options are available along the Ground Steak Trail in the heart of Yadkin Valley wine country. Find the perfect place to stay at: YadkinValleyNC.com.

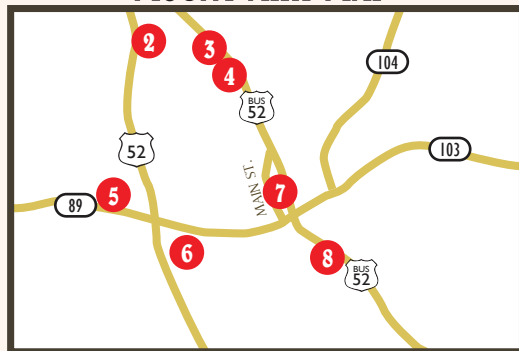
SURRY GROUND STEAK TRAIL MAP

NORTH CAROLINA / VIRGINIA BORDER

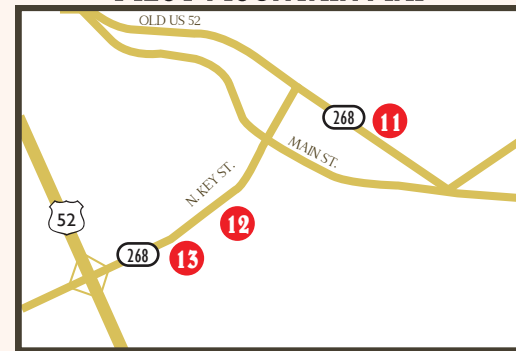


- 1 Cana Copper Pot – (276) 222-1991**
15397 Fancy Gap Highway, Cana, VA 24317
- 2 Aunt Bea's BBQ of Mount Airy – (336) 789-3050**
452 N. Andy Griffith Pkwy., Mount Airy, NC 27030
AuntBeasBBQ.com
- 3 Porky's Bar B-Que – (336) 789-0788**
805 W. Lebanon St., Mount Airy, NC 27030
- 4 Dairy Center – (336) 786-2349**
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- 5 C.F. Jones Classic Café – (336) 786-9490**
976 W. Pine St., Mount Airy, NC 27030
CFJonesCafe.com
- 6 Mayberry Drive-In – (336) 415-5056**
675 W. Pine St., Mount Airy, NC 27030
- 7 Snappy Lunch – (336) 786-4931**
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TheSnappyLunch.com
- 8 Speedy Chef of Mount Airy – (336) 789-2396**
1516 S. Main St., Mount Airy, NC 27030
- 9 Holly Springs Café – (336) 415-5253**
885 Holly Springs Rd., Mt Airy, NC 27030
- 10 The Copper Pot – (336) 352-4108**
123 Scenic Outlet Ln., Ste. 4, Mount Airy, NC 27030
Facebook.com/TheCopperPot89
- 11 All Sauced Up BBQ – (336) 444-8300**
425 E. Hwy. 52 Bypass, Pilot Mountain, NC 27041
- 12 Cousin Gary's – (336) 368-1488**
626 S. Key St., Pilot Mountain, NC 27041
- 15 Aunt Bea's BBQ of Pilot Mountain – (336) 368-2300**
642 S. Key St., Pilot Mountain, NC 27041
AuntBeasBBQ.com
- 14 Central Café – (336) 356-2100**
304 N. Main St., Dobson, NC 27017
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- 15 Rockford General Store – (336) 374-5317**
5174 Rockford Rd., Dobson, NC 27017
RockfordGeneralStore.com
- 16 Speedy Chef of Elkin – (336) 835-4403**
685 N. Bridge St., Elkin, NC 28621
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MOUNT AIRY MAP



PILOT MOUNTAIN MAP



REGIONAL MAP



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