

Chicken Fried Steak with Gravy

Courtesy of Carole's Creations

Prep Time: 20 minutes

Cooking Time: 50 minutes

Serves: 4

CCints: This is a traditional southern meat dish. Serve with a side vegetable and bake a can of refrigerated biscuits or prepare mashed potatoes. The gravy is served over the meat and can also be poured over an opened biscuit or even mashed potatoes. Cube steak is meat that the butcher has run through a tenderizing machine.



3/4 cup wheat flour or all purpose flour + 2 tablespoons
1 teaspoon each of salt, onion powder, garlic powder
1/2 teaspoon black pepper
1 egg and 1 tablespoon water - beaten
1 -1/2 to 2 pounds cube steak, cut into 3-4 inch wide pieces
1/4 cup vegetable oil
Few drops water
1/2 cup chicken broth
1/2 cup milk
1/2 teaspoon salt and a dash of pepper
1 glove minced garlic, fresh or from a jar
1 tablespoon fresh rosemary or thyme, diced
Half of a medium onion, sliced thin

In a shallow bowl or paper plate, blend together 3/4 cup flour and the salt and pepper. Beat the egg and water together in a shallow bowl. Set up an assembly line which has meat first, then the egg, then the flour.

Heat the vegetable oil in a large skillet over medium heat. A way to test if the oil is hot is to drop a few drops of water into the oil. If it pops the oil is hot. Dunk the meat into the egg and let some of it drip off over the bowl. Lay it down in the flour and coat both sides. To keep the oil from splashing back on you, gently lay on piece at a time into the skillet in the following manner. Lay one end nearest you in first and the far end of the piece away from you so that the last part of the meat goes in away from you. Put in 3-4 pieces at a time and let brown for 5 minutes without moving them. This will help with the browning process. After 5 minutes carefully flip them over and cook for 3-4 minutes until they are done. You will know they are done when you gently press on one and the juices run clear. Line a covered pan with paper towels. When the meat is done, transfer them to the paper towels and cover the container to keep them warm. Repeat with remaining steaks and add more oil to the skillet if necessary.

When you are finished cooking all the meat turn the heat to medium low and remove some of the excess oil from the pan, but make sure to leave the brown bits. Using a wooden spoon, stir the remaining 2 tablespoons of flour into the pan, scraping the brown bits from the pan. Stir constantly until the flour is a brown color and it begins to bubble, usually within 2 minutes. Slowly stir in the broth and add the salt, pepper, garlic and rosemary. Add the milk and stir constantly as the gravy thickens. Add the onion slices to the gravy and cover the pan, reduce the heat to low for another 5 minutes.

Make your side items and serve the gravy over the meat and potatoes or biscuits. Add your vegetables to the plate and enjoy! If you really want to make this a southern meal, put a bottle of ketchup on the table for the meat. CCelicious!