
Chicken-Fried Steak

The Essential Southern Living Cookbook

Servings: 6

Preparation Time: 20 minutes

Start to Finish Time: 50 minutes

2 1/4 teaspoons table salt, divided

1 3/4 teaspoons black pepper, divided

6 four-ounce cube steaks

38 Saltine crackers, crushed

1 1/4 cups all-purpose flour, divided

1/2 teaspoon baking powder

1/2 teaspoon cayenne pepper

4 3/4 cups milk, divided

2 large eggs

3 1/2 cups peanut oil

mashed potatoes

Sprinkle 1/4 teaspoon each of salt and pepper over the steaks. Set aside.

In a shallow dish, combine the cracker crumbs, one cup of flour, the baking powder, one teaspoon of salt, 1/2 teaspoon of black pepper and the cayenne pepper.

In another shallow dish, whisk together 3/4 cup of milk and the eggs. Dredge the steaks in the cracker crumb mixture, dip in the milk mixture and dredge in the cracker mixture again.

Preheat the oven to 225 degrees. Pour oil into a twelve-inch skillet. Heat to 360 degrees (Do not use a nonstick skillet). Fry the steaks, in batches, for 10 minutes. Turn and fry each batch 4 to 5 minutes more or until golden brown. Remove to a wire rack in a jelly-roll pan. Keep the steaks warm in the preheated oven. Carefully drain the hot oil, reserving the cooked bits and one tablespoon of drippings in the skillet.

In a bowl, whisk together the remaining 1/4 cup of flour, one teaspoon of salt, one teaspoon of black pepper and four cups of milk. Pour the mixture into the reserved drippings in the skillet. Cook over medium-high, whisking constantly, until thickened, 10 to 12 minutes.

Serve the gravy with the steaks and mashed potatoes.

Beef

Per Serving (excluding unknown items): 1643 Calories; 150g Fat (81.6% calories from fat); 33g Protein; 43g Carbohydrate; 1g Dietary Fiber; 160mg Cholesterol; 1333mg Sodium. Exchanges: 2 Grain(Starch); 3 Lean Meat; 1 Non-Fat Milk; 27 1/2 Fat; 0 Other Carbohydrates.