
Tyler`s Country-Fried Steak with Uncle Ellis`s Cornmeal Gravy

The Essential Southern Living Cookbook

Servings: 6

Preparation Time: 15 minutes

Start to Finish Time: 1 hour

6 six-ounce top sirloin steaks, cubed
1 teaspoon Kosher salt
1/4 teaspoon black pepper
3 cups all-purpose flour
1 1/2 cups finely crushed round buttery crackers
6 tablespoons chopped fresh marjoram
3 large eggs
2 cups buttermilk
vegetable oil
UNCLE ELLIS'S CORNMEAL GRAVY
1/2 cup plain red or white cornmeal
1/2 teaspoon table salt
1/2 teaspoon black pepper
1 teaspoon bacon drippings
1 cup buttermilk
1 cup hot water

Sprinkle the cubed steaks with salt and pepper. In a shallow dish, combine the flour, crushed crackers and marjoram.

In a bowl, whisk the buttermilk and eggs.

Dip the steaks in the egg mixture. Dredge in the cracker mixture. Repeat the procedure.

Pour oil to a depth of 1-1/2 inches into a large heavy skillet. Heat to 325 degrees. Fry the steaks in batches for 5 to 7 minutes on each side or until golden. Drain on a wire rack set in a jelly-roll pan.

Serve with Uncle Ellis's Buttermilk Gravy.

Make the Buttermilk Gravy: Cook the cornmeal in a heavy skillet over medium-high heat for 4 to 5 minutes or until golden brown, stirring constantly. Stir in the salt, pepper and bacon drippings.

In a bowl, stir together the buttermilk and the hot water. Gradually whisk into the cornmeal mixture.

Bring the cornmeal mixture to a boil, whisking constantly. Reduce the heat. Cook, whisking constantly, until thickened.

Whisk in additional buttermilk for desired consistency.

Beef

Per Serving (excluding unknown items): 450 Calories; 9g Fat (19.0% calories from fat); 35g Protein; 54g Carbohydrate; 2g Dietary Fiber; 171mg Cholesterol; 735mg Sodium. Exchanges: 3 Grain(Starch); 3 1/2 Lean Meat; 1/2 Non-Fat Milk; 1/2 Fat.