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# Chicken Fried Steak and Cream Gravy

*Bonnie Welch and Deanna White*

*Kitchen Keepsakes - Castle Rock, CO - 1989*

Servings: 4

**4 cubed steaks or round steak**

**2 eggs**

**1/2 to 3/4 cup flour**

**oil**

**salt**

**pepper**

**6 tablespoons flour**

**3 cups milk**

Pound the round steak well with a mallet or sharp knife. Divide the steak into portion size pieces. Dip into beaten egg, then coat with flour.

Pour 1/8 inch of oil in the bottom of a skillet. Have the grease fairly hot before putting in the steaks. Let fry on one side until well browned, about 4 minutes. Season with salt and pepper. Keeping the heat fairly hot, turn the steak to brown the other side.

Place the steak on a dish and place in a 250 degree oven while making the gravy.

To make the gravy: drain or add enough oil to have two to three tablespoons of grease in the pan. Add six tablespoons of flour and stir well to loosen the crumbs on the bottom. Blend in the flour.

Add the milk slowly, stirring constantly until the gravy is the desired consistency.

Serve with fried or mashed potatoes, okra and tomatoes and fresh strawberry pie for dessert.

## **Beef**

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*Per Serving (excluding unknown items): 249 Calories; 9g Fat (32.4% calories from fat); 12g Protein; 30g Carbohydrate; 1g Dietary Fiber; 131mg Cholesterol; 125mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Non-Fat Milk; 1 1/2 Fat.*