

# Tex-Mex Chicken-Fried Steak

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## Servings: 4

*1 1/2 pounds new potatoes, peeled and cut into chunks*  
*3 cups low-fat milk*  
*Kosher salt*  
*freshly ground pepper*  
*vegetable oil (for frying), for frying*  
*1 3/4 cups self-rising flour*  
*2 tablespoons chili powder*  
*3/4 cup low-fat buttermilk*  
*1 large egg*  
*4 (6 ounce ea) cube steaks, 1/4 inch thick*  
*2 cups frozen peas and carrots*  
*chopped fresh chives (for topping)*

Preheat the oven to 250 degrees.

In a medium saucepan, combine the potatoes, milk, 1/2 teaspoon of salt and a few grinds of pepper. Bring to a boil. Reduce the heat and simmer until the potatoes are fork-tender, about 10 minutes. Remove to a bowl with a slotted spoon. Reserve the milk.

Meanwhile, in a large, cast-iron skillet over medium-high heat, heat 3/4 inch of vegetable oil until a deep-fry thermometer registers 375 degrees.

In a shallow bowl, whisk 1-1/2 cups of flour with one tablespoon of chili powder.

In a separate bowl, whisk the buttermilk, egg, remaining one tablespoon of chili powder and a pinch of salt. Season the steaks with salt and pepper. Coat the steaks in the flour, dip in the buttermilk, then coat in flour again.

Working in batches, fry the steaks, turning once, until crisp and golden, about 5 minutes. Transfer to a rack set on a baking sheet. Season with salt. Keep warm in the oven. Reserve the cooking oil.

Place the peas and carrots in a microwave-safe bowl. Add two tablespoons of water. Cover and microwave until hot, 4 minutes.

In a bowl, mix three tablespoons of the reserved cooking oil and the remaining 1/4 cup of flour with a fork. Return the milk to a boil. Whisk in the flour mixture. Cook, whisking, until thickened, 1 to 2 minutes. Season with salt and pepper. Reduce the heat to low. Add the potatoes. Warm through for 1 minute.

Serve the steak with the potatoes and peas and carrots. Top with more gravy and chopped chives.

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Per Serving (excluding unknown items): 739 Calories; 25g Fat (30.6% calories from fat); 47g Protein; 81g Carbohydrate; 8g Dietary Fiber; 159mg Cholesterol; 906mg Sodium. Exchanges: 5 Grain(Starch); 5 Lean Meat; 1 1/2 Fat.