chicken fried steak



Original • Shared by Joel Patterson

Ingredients

- • 4 (1/2 pound) beef cube steaks
- • 2.25 cups all-purpose flour, divided
- • 2 teaspoons baking powder
- • 1 teaspoon baking soda
- • 1 teaspoon black pepper
- • 0.75 teaspoon salt
- • 1.5 cups buttermilk
- • 1 large egg
- • 1 tablespoon hot pepper sauce (e.g. Tabasco™)
- • 2 cloves garlic, minced
- • 3 cups vegetable shortening for frying
- • 4 cups milk
- • kosher salt and ground black pepper to taste

Instructions

1. 1) Place steaks between two sheets of heavy plastic on a solid, level surface; firmly pound with a meat mallet to a ¼-inch thickness.

2. 2) Place 2 cups flour in a shallow bowl.

3. 3) Combine baking powder, baking soda, 1 teaspoon pepper, and ¾ teaspoon salt in a separate shallow bowl; stir in buttermilk, egg, Tabasco, and garlic to combine.

4. 4) Heat shortening in a deep cast-iron skillet to 325 degrees F (165 degrees C). Place a wire rack over a sheet of parchment paper.

5. 5) Meanwhile, dredge 1 steak in flour to coat; shake off excess. Dip into buttermilk batter; lift up so excess batter drips back into the bowl. Dredge in flour again to coat both sides completely. Place breaded steak on the prepared wire rack. Repeat with remaining steaks.

6. 6) Fry steaks, in batches if necessary, until evenly golden brown, 3 to 5 minutes per side. Transfer steaks to a paper towel-lined plate to drain. Cover with foil to keep warm.

7. 7) Drain fat from the skillet, reserving ¼ cup and as much solid remnants as possible.

8. 8) Place skillet over medium-low heat. Add reserved ¼ cup oil; whisk in remaining ¼ cup flour. Scrape the brown bits of food off the bottom of the skillet with a spatula.

9. 9) Stir in milk; increase heat to medium and bring gravy to a simmer. Cook, stirring often, until thick, 6 to 7 minutes. Season gravy with salt and black pepper.

10. 10) Transfer steaks to a platter; pour gravy over top.

Notes

Chef created this recipe based on the dish title and common cooking methods. Please review and adjust to taste.