

# CHICKEN FRIED STEAK WITH GRAVY

**F EASY**

Last Modified: 01/27/2016

PREP: 20 Min  
COOK: 20 Min  
SHALLOW FRIED

BEEF

**MAKES 4 SERVINGS**

QUA	MEASURE	INGREDIENT	PROCESS
4	Whole	Beef Cube Steaks	Room Temp
OR			
4 ~ 8	Whole	Thin Sliced Breakfast Sandwich Steaks	Room Temp
1	Cup	Vegetable Shortening	For Frying
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste

BREADING			
2	Cups	All Purpose Flour	
2	Tsp	Sea Salt (Iodized)	
2	Tsp	Ground Black Pepper	

DREDGE			
1 1/2	Cups	Buttermilk	
2	Tsp	Baking Powder	
1	Tsp	Baking Soda	
1	Large	Egg	Beaten
1 +/-	Tsp	Hot Sauce (Tabasco / Sriracha / etc.)	To Taste
2	Cloves	Garlic	Microplaned

OPTIONAL WHITE GRAVY			
2	Recopies	Bechamel Sauce (Sawmill Gravy Version)	
OR			
1/2	Cup	All Purpose Flour	
4	Cups	Whole Milk	
1/2	Tsp	Seasoned Salt (Lawry's)	To Taste
1/4	Tsp	Ground Black Pepper	To Taste

OPTIONAL SIDES			
1	Cup	Mashed Potatoes	
1	Cup	Pepper Bacon Green Beans	
1	Cup	Sweet Corn	

PREPARATION	
<b>FACTOID</b>	I used to enjoy this dinner often at a local Stainless Steel Diner in Pottstown, PA when I lived near there. Dating a Waitress, she gave me the recipe.
<b>TOOLS</b>	1) Pie Tin 2) Shallow Mixing Bowl. 3) Large Cast Iron Skillet. 4) Infra-Red Thermometer.

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<b>PREP</b>	<b>DISH</b> 1) Microplane the Garlic Cloves and set them aside.
<b>1</b>	<b>STEAKS:</b> Sprinkle both sides of each Steak generously with Salt & Pepper and set them aside to come to room temperature.
<b>2</b>	<b>BREADING:</b> Place the Breading Mixture in a pie tin.
<b>3</b>	<b>DREDGE:</b> In a shallow mixing bowl, beat the Egg until no white streaks are visible. Whisk in the Buttermilk, Hot Sauce, Garlic, Baking Powder, Baking Soda, Sea Salt and Black Pepper until it is an even color.
<b>4</b>	<b>STEAKS:</b> Coat both sides of each Steak in the Breading Mixture. Dip both sides in the Dredge and then again, coat with the Breading. Pat both sides of each Steak so the dry Breading adheres and gently set them aside (do NOT stack) until all are completed.
<b>CAUTION</b>	Vegetable Shortening will TASTE BURNT at 360 degrees (it's smoke point). It is also VERY close to actually catching fire at 370 degrees.
<b>5</b>	<b>FRYING:</b> In a large cast iron skillet over medium high heat, add in the Shortening and heat until it stabilizes at 325 degrees. SEE CAUTION ABOVE! Fry the Steaks until evenly GB&D (Golden Brown & Delicious), about 3 to 5 minutes per side. Place the fried Steaks on a plate with paper towels and place it in a warm oven (200 degrees) to keep warm.
<b>6</b>	<b>GRAVY:</b> Drain the Shortening from the skillet, leaving behind about 1/4 cup and ALL of the fond (solids) as possible.
<b>7</b>	<b>GRAVY:</b> Reduce the heat to medium low. Whisk any remaining Breading into the Shortening. Scrape the bottom of the skillet with a metal spatula to release the stuck on solids. Whisk in the Milk. Increase the heat back to medium and bring the gravy to a simmer. Cook for 6 to 7 minutes, stirring often until thick. You can add in additional flour if its not thick enough, but you MUST cook any new Flour additions for 3 minutes more.
<b>SERVE</b>	Drizzle the top of each Steak with Gravy and serve while hot.