



Texas Chicken Fried Steak

One of the favorite recipes of Texans is Chicken Fried Steak. This is an old south recipe that has been around for a 100 years or more. The steak is tenderized round steak (Some restaurants even use Rib Eye steaks). You can buy Beef Cutlets already tenderized or buy a good size Round Steak and tenderize it yourself with a mallet or hammer and plastic wrap.

- 4 tenderized beef cutlets (known in supermarkets as "cube steak") OR 1 round steak, with fat removed, that you've tenderized yourself.
- 2 eggs
- 1/4 cup milk
- Two cups all-purpose flour
- Cooking oil or melted Crisco
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper

Beat together the egg and milk and set aside. Mix together the salt and about half of the black pepper and sprinkle on both sides of beef cutlets. Mix the remaining black pepper into the flour.

Dredge the steak in the flour, shaking off the excess. Then dip each steak in the egg/milk mixture, and then back in the flour.

Heat the cooking oil in a large skillet over medium-high heat for a few minutes. Oil should be about a half-inch deep in the pan. Check the temperature with a drop of water; if it pops and spits back at you, it's ready.

Place each steak into the hot oil. Protect yourself (and your kitchen) from the popping grease that results. Fry cutlets on both sides, turning once, until golden brown. Basically you are deep frying the steak. Don't put all 4 into the skillet at once. Keep the temperature up by doing only one or two at a time. Drain the steak on paper towels.

Severe with boiled or mash potatoes and Peppered white Gravy. Most supermarkets have a peppered gravy mix. Use it! If grandma had access to the mix, she would have too.