

Chicken Fried Steak with Country Gravy

Ingredients for the Steak:

1 1/2 cups flour
1/3 teaspoon cayenne
1/4 teaspoon garlic powder
1/4 teaspoon pepper
1 teaspoon salt
1 large egg
1/2 teaspoon baking powder
1/4 teaspoon baking soda
1/2 cup buttermilk
4 cube steaks, each about 4 to 5 ounces
3 cups Canola Oil for frying

Ingredients for the Country Gravy:

1 small shallot, very finely minced
1 sprig of fresh thyme
3 Tablespoons reserved breading flour
1/2 cup of chicken stock
2 cups whole milk
Salt and Pepper to taste
pinch of cayenne

Directions

For the Chicken Fried Steak:

In a wide shallow bowl combine the flour, pepper, salt, garlic powder and cayenne - mix well.

In a second wide shallow bowl, combine egg, baking powder, baking soda, and buttermilk. Mix well.

Set a wire rack over a baking sheet lined with parchment paper. Heat oil to 375 degrees in a cast iron skillet as you flour the steaks.

Working with one steak at a time, gently pat steaks dry with a paper towel.

Dip first in the flour mixture and gently shake off excess. Then dip into the buttermilk mixture, letting excess drip off. Then back into the flour mixture.

Place steaks on rack. Reserve about 3 Tablespoons of seasoned flour, get rid of the excess buttermilk.

When finished, gently place steaks in the hot oil. Fry on the first side for about 2 minutes.

Carefully turn when a deep golden brown and juices from the steak begin to appear on the top side. Continue to cook for another 3 to 4 minutes until the second side is a deep golden brown. Work in batches if necessary.

When the steaks are desired doneness, remove from pan and place on the rack over lined baking sheet and cover to keep warm. Strain the oil from the pan, reserving about 3 Tablespoons and any browned bits.

For the Country Gravy:

Place the same skillet containing browned bits and oil over medium-high heat.

Cook minced shallot until just beginning to brown, about 4 minutes or so, stirring often.

Add seasoned flour, continue to stir and cook for a minute. Add stock, then milk very slowly and then the thyme and cayenne. Stir until bubbly and thickened. This gravy will appear a bit loose, but thickens up once off heat. Check final seasoning, use salt and pepper if needed.

Place fried steaks on large dish and top generously with country gravy. Serve with biscuits and bacon braised green beans.