Chicken Fried Steak

READY IN	SERVINGS	CALORIES
40 min.	8	1028 kcal

LUNCH | MAIN COURSE | MAIN DISH | DINNER

Ingredients

- [ ] 1 pound baking potatoes peeled cut in quarters
- [ ] 48 ounce tenderized beef cutlets boneless cut at room temperature (or tenderized center pork chop, or tenderized chicken breasts)
- [ ] 1 teaspoon pepper black
- [ ] 12 tablespoons butter ()
- [ ] 2 eggs
- [ ] 3 cups flour
- [ ] 2 cups frying oil
- [ ] 2 cups half-and-half

- [ ] 2 teaspoons meat seasoning
- [ ] 2 cups milk at room temperature
- [ ] 1 teaspoon salt

Equipment

- [ ] bowl
- [ ] frying pan
- [ ] paper towels
- [ ] whisk
- [ ] kitchen thermometer
- [ ] tongs

Directions

- [ ] Watch how to make this recipe.
- [ ] Whisk eggs and milk together in a bowl and set this egg wash aside.
- [ ] Combine the flour and meat seasoning in another bowl and set aside.
- [ ] Heat the oil in a heavy 14-inch cast iron skillet over medium heat to 350 degrees F. Use a deep frying thermometer to check temperature. The oil should pop loudly when a drop of egg is dropped in.
- [ ] Dip each of the first 4 cutlets in the egg wash mixture. Dredge them in the flour, then dip them back into the egg wash, and very gently place them in the hot oil. As you carry them 1 at a time from the egg wash to the skillet, hold a plate under them to catch the dripping egg wash. There'll be a regular explosion of noisy oil popping. Cook for 3 to 5 minutes, until breading is set and golden brown. Gently turn them with a long-handled meat fork or long metal tongs. Be careful. Cook another 3 minutes.
- [ ] Carefully remove them from the skillet and drain on a platter lined with paper towels.
- [ ] Let oil reheat and repeat process for other 4 cutlets.
- [ ] Serve with Mashed Potatoes.
- [ ] Boil potatoes until tender.
- [ ] Drain and mash with butter, half-and-half, salt and pepper. Beat until smooth.

Nutrition Facts

PROTEIN **16.03%** FAT **63.74%** CARBS **20.23%**

Properties

Glycemic Index:34.97, Glycemic Load:35.06, Inflammation Score:-7, Nutrition Score:29.742608547211%

Nutrients (% of daily need)

Calories: 1028.01kcal (51.4%), Fat: 72.45g (111.46%), Saturated Fat: 31.34g (195.86%), Carbohydrates: 51.72g (17.24%), Net Carbohydrates: 49.65g (18.06%), Sugar: 5.97g (6.63%), Cholesterol: 236.12mg (78.71%), Sodium: 620.64mg (26.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.01g (82.02%), Vitamin B12: 4.22µg (70.34%), Selenium: 48.72µg (69.6%), Zinc: 8.26mg (55.07%), Vitamin B3: 10.82mg (54.11%), Phosphorus: 499.45mg (49.95%), Vitamin B2: 0.76mg (44.86%), Vitamin B6: 0.86mg (43.12%), Vitamin B1: 0.55mg (36.43%), Iron: 6.22mg (34.57%), Folate: 113.33µg (28.33%), Potassium: 945.38mg (27.01%), Vitamin K: 27.15µg (25.86%), Manganese: 0.46mg (23.23%), Calcium: 197.33mg (19.73%), Vitamin B5: 1.85mg (18.45%), Vitamin A: 899.48IU (17.99%), Magnesium: 68.14mg (17.03%), Vitamin E: 2.41mg (16.08%), Copper: 0.25mg (12.38%), Fiber: 2.07g (8.26%), Vitamin D: 1.06µg (7.08%), Vitamin C: 3.79mg (4.6%)