



Chicken Fried Steak

READY IN



85 min.

SERVINGS



6

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds beef bottom round trimmed
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 2 cups chicken broth
- ☐ 1 cup flour all-purpose
- ☐ 0.5 teaspoon thyme leaves fresh
- ☐ 2 teaspoons kosher salt
- ☐ 0.3 cup vegetable oil
- ☐ 3 eggs whole beaten
- ☐ 0.5 cup milk whole

Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ pie form

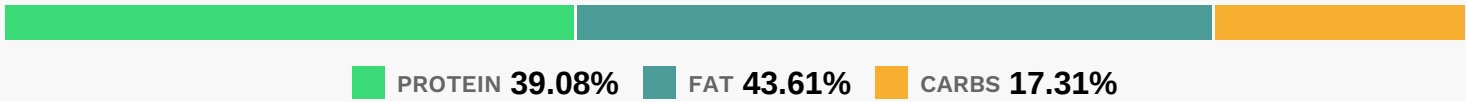
Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 250 degrees F.
- ☐ Cut the meat with the grain into 1/2-inch thick slices. Season each piece on both sides with the salt and pepper.
- ☐ Place the flour into a pie pan.
- ☐ Place the eggs into a separate pie pan. Dredge the meat on both sides in the flour. Tenderize the meat, using a needling device, until each slice is 1/4-inch thick. Once tenderized, dredge the meat again in the flour, followed by the egg and finally in the flour again. Repeat with all the pieces of meat.
- ☐ Place the meat onto a plate and allow it to sit for 10 to 15 minutes before cooking.
- ☐ Place enough of the vegetable oil to cover the bottom of a 12-inch slope-sided skillet and set over medium-high heat. Once the oil begins to shimmer, add the meat in batches, being careful not to overcrowd the pan. Cook each piece on both sides until golden brown, approximately 4 minutes per side.
- ☐ Remove the steaks to a wire rack set in a half sheet pan and place into the oven. Repeat until all of the meat is browned.
- ☐ Add the remaining vegetable oil, or at least 1 tablespoon, to the pan.
- ☐ Whisk in 3 tablespoons of the flour left over from the dredging.
- ☐ Add the chicken broth and deglaze the pan.
- ☐ Whisk until the gravy comes to a boil and begins to thicken.
- ☐ Add the milk and thyme and whisk until the gravy coats the back of a spoon, approximately 5 to 10 minutes. Season to taste, with more salt and pepper, if needed.

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Serve the gravy over the steaks.

Nutrition Facts



Properties

Glycemic Index:31.67, Glycemic Load:11.91, Inflammation Score:-5, Nutrition Score:23.373043301313%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg

Nutrients (% of daily need)

Calories: 417.17kcal (20.86%), Fat: 19.71g (30.32%), Saturated Fat: 5.07g (31.68%), Carbohydrates: 17.6g (5.87%), Net Carbohydrates: 16.93g (6.16%), Sugar: 1.45g (1.62%), Cholesterol: 179.59mg (59.86%), Sodium: 1189.91mg (51.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.73g (79.46%), Selenium: 56.42µg (80.59%), Vitamin B3: 11.66mg (58.31%), Vitamin B6: 1.05mg (52.39%), Vitamin B12: 3.12µg (51.97%), Zinc: 6.87mg (45.78%), Phosphorus: 415.51mg (41.55%), Vitamin B2: 0.52mg (30.65%), Iron: 4.59mg (25.51%), Vitamin B1: 0.34mg (22.75%), Vitamin K: 19.25µg (18.34%), Potassium: 618.44mg (17.67%), Folate: 68.25µg (17.06%), Manganese: 0.25mg (12.68%), Magnesium: 47.59mg (11.9%), Vitamin B5: 1.18mg (11.76%), Copper: 0.21mg (10.6%), Vitamin E: 1.49mg (9.9%), Calcium: 74.95mg (7.49%), Vitamin D: 0.66µg (4.42%), Vitamin A: 163.05IU (3.26%), Fiber: 0.67g (2.68%)