



Chicken-Fried Steak With Cream

READY IN



45 min.

SERVINGS



4

CALORIES



826 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 4 beef cube steaks ()
- ☐ 2 large eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 1.5 cups flour all-purpose
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 2 tablespoons butter unsalted
- ☐ 2 tablespoons vegetable oil
- ☐ 4 servings vegetable oil for frying

- ☐ 1 cup milk whole
- ☐ 2.5 cups milk whole

Equipment

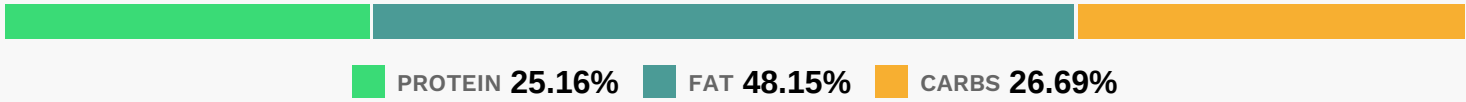
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ kitchen thermometer
- ☐ dutch oven

Directions

- ☐ Make the gravy: Melt the butter with the vegetable oil in a saucepan over medium heat.
- ☐ Sprinkle in the flour and cook, whisking, until smooth and deep golden brown, about 2 minutes. Gradually whisk in the milk and simmer, whisking to remove any lumps, until the gravy thickens, 4 to 6 minutes.
- ☐ Add 2 to 3 teaspoons salt and 1 teaspoon pepper. Cover and remove from the heat.
- ☐ Place the steaks between 2 pieces of heavy-duty plastic wrap and pound to 1/8 inch thick with a mallet or heavy skillet. Season generously with salt and pepper.
- ☐ Whisk the flour, baking powder and 1 teaspoon each salt and pepper in a shallow bowl. In another shallow bowl, whisk the milk and eggs. One at a time, dredge each steak in the flour mixture, dip in the egg mixture, then return to the flour mixture, pressing firmly to coat.
- ☐ Transfer the breaded steaks to a rack.
- ☐ Preheat the oven to 250 degrees F. Set another rack on a rimmed baking sheet.
- ☐ Heat about 1 inch of vegetable oil in a cast-iron skillet or Dutch oven over high heat until a deep-fry thermometer registers 350 degrees F. One at a time, fry the steaks until golden brown, turning once, about 5 minutes (return the oil to 350 degrees F between each steak).

- ☐
- Transfer the finished steaks to the rack on the baking sheet and keep warm in the oven while you make the rest.
- ☐
- Meanwhile, reheat the gravy. Stir in some water, 1 tablespoon at a time, if the gravy is too thick.
- ☐
- Drizzle the fried steak with the gravy and top with scallions.
- ☐
- Photograph by Andrew Purcell

Nutrition Facts



Properties

Glycemic Index:79.5, Glycemic Load:35.92, Inflammation Score:-7, Nutrition Score:35.076521666154%

Nutrients (% of daily need)

Calories: 826.41kcal (41.32%), Fat: 43.63g (67.12%), Saturated Fat: 17.22g (107.61%), Carbohydrates: 54.43g (18.14%), Net Carbohydrates: 52.88g (19.23%), Sugar: 10.52g (11.69%), Cholesterol: 256.07mg (85.36%), Sodium: 626.34mg (27.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.29g (102.57%), Selenium: 73.22µg (104.6%), Phosphorus: 714.21mg (71.42%), Vitamin B3: 13.95mg (69.75%), Vitamin B6: 1.24mg (62.18%), Vitamin B12: 3.48µg (57.97%), Zinc: 8.15mg (54.34%), Vitamin B2: 0.88mg (51.84%), Vitamin B1: 0.72mg (48.16%), Calcium: 443.62mg (44.36%), Folate: 135.5µg (33.88%), Iron: 6.09mg (33.85%), Potassium: 987.67mg (28.22%), Vitamin B5: 2.43mg (24.34%), Manganese: 0.43mg (21.47%), Vitamin K: 21.41µg (20.39%), Magnesium: 79.31mg (19.83%), Vitamin D: 2.95µg (19.69%), Vitamin A: 655.8IU (13.12%), Vitamin E: 1.95mg (12.98%), Copper: 0.26mg (12.77%), Fiber: 1.55g (6.2%)