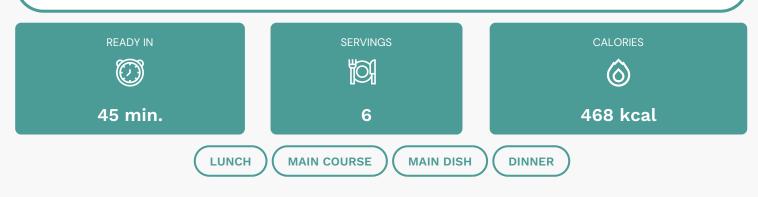


Matt's Chicken-Fried Steak



Ingredients

2 cups breadcrumbs soft
0.8 cup buttermilk
1 sprigs cherry tomatoes fresh red sliced
1.5 pounds ground round ()
O.5 teaspoon pepper
1 teaspoon salt
0.3 cup vegetable oil

Equipment

	frying pan	
	paper towels	
	oven	
	plastic wrap	
	meat tenderizer	
Directions		
	Form ground round into 6 patties, or trim any fat from round, sirloin, or flank steak, and cut into 6 equal pieces.	
	Place steak pieces, 1 at a time, between 2 sheets of heavy-duty plastic wrap, and flatten to 1/4-inch thickness using a meat mallet.	
	Combine breadcrumbs, salt, and pepper in a large shallow dish. Dredge patties or steak pieces in breadcrumb mixture. Dip into buttermilk, and dip again in breadcrumb mixture.	
	Heat oil in a large skillet over medium-high heat until hot. If desired, add corn tortillas, 1 at a time, and cook until crisp.	
	Drain, pressing between layers of paper towels.	
	Add patties or steak to hot oil; cook 3 to 5 minutes on each side or until crisp.	
	Remove from heat, reserving 3 tablespoons drippings if making Cream Gravy.	
	Drain patties or steak on paper towels.	
	Place patties or steak on tortillas, if desired. Top with sauce of your choice, and sprinkle with cheese, if desired. Broil 5 inches from heat (with electric oven door partially open) until cheese melts.	
	Garnish, if desired.	
	*1 cup all-purpose flour or 1/4 (15-ounce) box saltine crackers (about 40 crackers), coarsely crushed, may be sustituted for breadcrumbs.	
	** 1/2 cup milk a nd 2 large eggs, stirred together, may be sustituted for buttermilk.	
Nutrition Facts		
	PROTEIN 24.7% FAT 51.45% CARBS 23.85%	

Properties

Nutrients (% of daily need)

Calories: 467.89kcal (23.39%), Fat: 26.36g (40.55%), Saturated Fat: 7.45g (46.59%), Carbohydrates: 27.49g (9.16%), Net Carbohydrates: 25.83g (9.39%), Sugar: 3.7g (4.11%), Cholesterol: 77.01mg (25.67%), Sodium: 757.49mg (32.93%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 28.47g (56.94%), Vitamin B12: 2.77µg (46.17%), Selenium: 29.02µg (41.45%), Vitamin B3: 8.17mg (40.85%), Zinc: 6.07mg (40.47%), Phosphorus: 293.86mg (29.39%), Vitamin B1: 0.41mg (27.34%), Vitamin K: 25.92µg (24.69%), Iron: 4.31mg (23.95%), Vitamin B6: 0.47mg (23.67%), Vitamin B2: 0.37mg (22%), Manganese: 0.37mg (18.29%), Potassium: 477.73mg (13.65%), Folate: 46.87µg (11.72%), Calcium: 114.98mg (11.5%), Magnesium: 41.47mg (10.37%), Vitamin B5: 0.99mg (9.9%), Vitamin E: 1.41mg (9.37%), Copper: 0.18mg (9.18%), Fiber: 1.66g (6.65%), Vitamin D: 0.5µg (3.36%), Vitamin A: 51.23IU (1.02%)