



The Best Chicken Fried Steak

 Popular

READY IN



40 min.

SERVINGS



4

CALORIES



1175 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 teaspoon pepper black
- ☐ 1.5 cups buttermilk
- ☐ 2 pound beef cube steaks
- ☐ 1 eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 2 cups flour all-purpose

- ☐ 2 cloves garlic minced
- ☐ 4 servings kosher salt and ground pepper black to taste
- ☐ 4 cups milk
- ☐ 1 tablespoon pepper sauce hot
- ☐ 0.8 teaspoon salt
- ☐ 3 cups vegetable shortening for deep frying

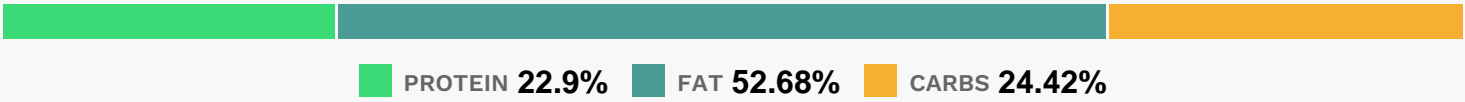
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ spatula

Directions

- ☐ Pound the steaks to about 1/4-inch thickness.
- ☐ Place 2 cups of flour in a shallow bowl. Stir together the baking powder, baking soda, pepper, and salt in a separate shallow bowl; stir in the buttermilk, egg, Tabasco Sauce, and garlic. Dredge each steak first in the flour, then in the batter, and again in the flour. Pat the flour onto the surface of each steak so they are completely coated with dry flour.
- ☐ Heat the shortening in a deep cast-iron skillet to 325 degrees F (165 degrees C). Fry the steaks until evenly golden brown, 3 to 5 minutes per side.
- ☐ Place fried steaks on a plate with paper towels to drain.
- ☐ Drain the fat from the skillet, reserving 1/4 cup of the liquid and as much of the solid remnants as possible.
- ☐ Return the skillet to medium-low heat with the reserved oil.
- ☐ Whisk the remaining flour into the oil. Scrape the bottom of the pan with a spatula to release solids into the gravy. Stir in the milk, raise the heat to medium, and bring the gravy to a simmer, cook until thick, 6 to 7 minutes. Season with kosher salt and pepper. Spoon the gravy over the steaks to serve.

Nutrition Facts



Properties

Glycemic Index:101.25, Glycemic Load:45.23, Inflammation Score:-8, Nutrition Score:44.643043632093%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 1174.96kcal (58.75%), Fat: 68.1g (104.77%), Saturated Fat: 24.16g (151%), Carbohydrates: 71.01g (23.67%), Net Carbohydrates: 68.92g (25.06%), Sugar: 16.42g (18.24%), Cholesterol: 243.39mg (81.13%), Sodium: 1349.45mg (58.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 66.62g (133.23%), Selenium: 91.45µg (130.64%), Phosphorus: 923.94mg (92.39%), Vitamin B3: 18.29mg (91.46%), Vitamin B6: 1.65mg (82.57%), Vitamin B12: 4.62µg (76.98%), Zinc: 10.74mg (71.58%), Vitamin B2: 1.14mg (67.29%), Vitamin B1: 0.94mg (62.45%), Calcium: 596.22mg (59.62%), Iron: 7.52mg (41.8%), Folate: 163.63µg (40.91%), Potassium: 1356.84mg (38.77%), Vitamin B5: 3.29mg (32.88%), Manganese: 0.63mg (31.5%), Vitamin D: 4.07µg (27.16%), Magnesium: 107.08mg (26.77%), Vitamin K: 21.87µg (20.82%), Vitamin E: 3.03mg (20.22%), Copper: 0.35mg (17.49%), Vitamin A: 611.86IU (12.24%), Fiber: 2.1g (8.38%), Vitamin C: 2.9mg (3.51%)