

cathy gillen thacker

Texas Style Chicken Fried Steak with Cream Gravy

2.5 to 3 pounds of tenderized round steak
1 5 ounce can evaporated milk
1 egg
1/2 tsp salt
2 cups all-purpose flour, divided
2 tsp paprika
3/4 teaspoon garlic powder
1 tsp black pepper
1 tsp salt
Vegetable oil

Trim steak of any fat, and pound with meat mallet if necessary, to tenderize. Cut into 6 to 8 pieces.

Combine milk, egg, and salt in a shallow bowl--blend well. Measure one cup flour into a bowl. Combine remaining flour and the rest of the spices into another bowl. Dredge meat into plain flour, egg and milk mixture, then seasoned flour. Set aside. Repeat with remaining pieces until all are coated.

Heat 1 or 2 inches of oil in a heavy skillet, suitable for frying. Fry meat until both sides are crisp and golden brown. Drain on paper towels. Put in another pan, in low oven (250) to keep warm while you make the gravy.

Cream gravy: Pour off all but six tablespoons of fat from the frying pan. Add six tablespoons of the seasoned flour and cook until lightly browned and a nice smooth roux. Gradually stir in 2 and one half cups of milk and stir and cook until thickened. Season with salt and plenty of black pepper. Cover steaks with gravy when served. Excellent served with mashed potatoes and vegetable and salad of your choice.

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