

# Chicken Fried Steak



PREPARATION TIME  
15 minutes



COOKING TIME  
25 minutes



PERFECT PARTNER  
mashed potatoes



**MONEY.  
Cook's  
SAVER.**

Look for cube steaks in the meat section of the grocery store. This kind of steak is already pounded with a special tenderizing mallet and is usually less expensive than first-cut round steak.

## SHOPPING LIST

- round steak
- shortening

## ON HAND

- flour • salt • pepper
- milk • butter

# Chicken Fried Steak

## INGREDIENTS

- 1 1/2 pounds thin-sliced round steak, trimmed, pounded
- 1 cup flour
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 cup butter, melted
- 4 tablespoons shortening
- 2 cups milk

SERVES 6

## Make Ahead

Prepare through step 1 up to 8 hours ahead. Refrigerate until ready to proceed with step 2.

## VARIATION

*For a crisper crust, dip the steaks in a mixture of milk and baking soda instead of butter before dredging in flour.*

**1** Cut steak into serving-size pieces. Mix flour, salt and pepper in a shallow dish. Dip steak in butter, then coat with flour mixture. Reserve remaining flour mixture.



**2** Heat shortening in skillet until pinch of flour sizzles.



**3** Brown steaks on both sides. Reduce heat to medium. Cook, covered, for 20 minutes or until tender, turning frequently. Drain steak on paper towels; keep warm.



## COOKIN' *Express*

- Mix the flour, salt and pepper together in a large flour or salt shaker. Shake the mixture onto the meat to give a more even distribution and a crisper coating.

**4** Reserve 3 tablespoons pan drippings. Blend reserved flour mixture into drippings. Stir in milk. Cook, stirring continually, until thickened. Serve over steak.

