

Chicken Fry Meal

Chicken Fried Steak

INGREDIENTS

- 3 to 4 pounds Cubed Steak.....○
- 2 cups All Purpose Flour.....○
- 1 cup Buttermilk.....○
- 2 tablespoons dried Parsley.....○
- 2 teaspoons Black Pepper.....○
- 2 teaspoons Salt.....○
- 1 cup Crisco.....○

PREPARATION

- Place each Cubed Steak on cutting board and beat with a meat mallet until meat is about ¼ inch thick. Season meat with 1 teaspoon of the Salt and 1 teaspoon of the Pepper; set aside.
- Place 1 cup of Flour in shallow bowl.
- Pour 1 cup Buttermilk in a 2nd shallow bowl.
- In a 3rd shallow bowl, mix Flour with 1 teaspoon of the Black Pepper, 1 teaspoon Salt, and 2 tablespoons of the dried Parsley.
- Dredge seasoned meat in Flour (1st bowl), then dip into Buttermilk (2nd bowl), then dredge in seasoned Flour mixture (3rd bowl). Set on wire rack, foil, or wax paper to dry for 10 to 15 minutes.
- Heat 1 cup of Crisco in a large, heavy skillet over medium-high heat. Fry Steaks 3 to 4 minutes on each side, or until golden brown. Salt and Pepper to taste. Drain on paper towels. For a crisper steak place on wire rack in 350° oven for 10 to 15 minutes.

SERVES 6 to 8.