

# Chicken Fried Steak

Classic Southern chicken fried steak recipe with crispy coating and creamy white gravy. Tender cube steak fried golden brown and served hot.

20 min

PREP

20 min

COOK

40 min

TOTAL

4

SERVINGS

Medium

DIFFICULTY

## Ingredients

- 1 lb steak
- 2 egg
- 2 cup milk
- 2 cup flour
- 1 cup heavy cream
- 1 cup canola oil
- 1 tsp salt
- 1 tsp black pepper
- 1 tsp cayenne pepper
- 1 tsp garlic powder

## Instructions

### 1 Prepare the steaks

Place each of the 4 cube steaks (1 lb total) between two pieces of plastic wrap. Using a meat mallet, pound the steaks to an even  $\frac{1}{4}$ -inch thickness, working from the center outward. Season both sides with salt and pepper and let rest for 10 minutes at room temperature.

### 2 Set up breading station

Set up three shallow dishes. In the first, whisk together 1 cup flour, 1 tsp salt, 1 tsp garlic powder, and 1 tsp paprika. In the second, beat the 2 eggs with 1 cup buttermilk until well combined. In the third dish, combine the remaining 1 cup flour with 1 tsp black pepper.

### 3 **Heat oil and oven**

Preheat oven to 95°C (200°F). Place a wire rack on a baking sheet and put it in the oven to keep finished steaks warm. In a large cast-iron or heavy skillet, heat oil to ½-inch depth until it reaches 175°C (350°F).

### 4 **Bread the steaks**

Working with one steak at a time, dredge in the seasoned flour mixture, pressing firmly to coat both sides. Shake off excess, then dip in the egg mixture, coating completely. Finally, dredge in the second flour mixture, pressing firmly with your palm to ensure coating sticks.

### 5 **Fry the steaks**

Carefully place 1-2 steaks in the hot oil, being careful not to overcrowd the pan. Fry for 3-4 minutes until golden brown and crispy on the bottom. Using tongs, carefully flip and fry for another 2-3 minutes until the second side is golden brown and the internal temperature reaches 74°C (165°F).

### 6 **Keep warm and repeat**

Transfer cooked steaks to the wire rack in the warm oven. Repeat frying process with remaining steaks, allowing oil to return to 175°C (350°F) between batches.

### 7 **Make the gravy**

Pour off all but 3 tablespoons of oil from the skillet, leaving the browned bits (fond) in the pan. Add 3 tablespoons flour to the hot oil and whisk constantly over medium heat for 2-3 minutes until the mixture (called a roux) turns golden brown.

### 8 **Finish the gravy**

Gradually whisk in 2 cups whole milk, stirring constantly to prevent lumps from forming. Cook for 4-5 minutes, stirring frequently, until the gravy thickens enough to coat the back of a spoon. Season with salt and pepper to taste.

### 9 **Serve the hot chicken fried steaks immediately with the warm gravy poured over the top or served alongside.**

## Tips

Pound the steaks to an even ¼-inch thickness using a meat mallet. Work from the center outward and turn frequently to ensure even tenderizing. This breaks down tough fibers and ensures quick, even cooking.

Set up your breading station efficiently with three shallow dishes: seasoned flour, beaten eggs with milk, and more seasoned flour. Work with one hand for wet ingredients and one for dry to avoid coating your fingers.

Press the flour coating firmly into the meat with the palm of your hand after each dredging. This helps create a thick, adherent crust that won't fall off during frying.

Don't overcrowd the pan when frying. Cook only one or two steaks at a time to maintain oil temperature and ensure even cooking. Overcrowding causes the temperature to drop and results in greasy, soggy coating.

Use a splatter screen to minimize mess and oil splattering. Keep the cooked steaks warm in a 200°F oven on a wire rack while you finish frying the remaining pieces.

Save some of the frying oil for making gravy - about 2-3 tablespoons with the browned bits add incredible flavor to your white gravy. Strain out any large pieces of coating first.

Let the steaks rest on a wire rack for 2-3 minutes after frying to allow excess oil to drain and the coating to set. This prevents soggy bottoms and maintains crispiness.

Season your flour mixture generously with salt, pepper, paprika, and garlic powder. The coating should be flavorful enough to season the entire steak, not just provide texture.