

Chicken Fried Steak - Barb Poulsen

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1 ½ lbs sirloin or round steak

½ cup flour

½ tsp salt and pepper

½ vegetable oil

½ cup milk

½ cup chicken broth

2 beaten eggs

Pound steak with a mallet (or the edge of a sturdy saucer) until tenderized. Combine flour, salt & pepper in flat bowl. Combine beaten eggs and milk in second bowl. Coat pieces of steak first in flour, then in egg mixture. Repeat once more. Fry in hot oil until brown. Place in casserole dish and bake in 350 degree oven 45 – 60 mins until tender. Serve with white gravy... see recipe below.

Using drippings from fry pan or 2 -3 tbsp shortening, add enough flour to form a paste or roux. Slowly add milk or a mixture of chicken broth and milk and stir until mixture thickens. Add salt and pepper to taste.

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