



The Ultimate Chicken Fried Steak



Ingredients for the Steak:

- 4 cube steaks (about 1/3 lb each)
- 1 ½ cups all purpose flour
- 2 tsps fresh ground black pepper, divided
- 2 tsps kosher salt or sea salt, divided
- ½ tsp smoked paprika
- ½ tsp onion powder
- ½ tsp garlic powder
- ½ tsp baking soda
- ½ tsp baking powder
- 1 ½ cups buttermilk
- 2 tsps TABASCO® Sauce (original)
- 2 Eggs
- 1 Cup vegetable oil

Ingredients for the Gravy:

- 4 tablespoons grease
- 4 tablespoons flour
- 2 to 3 cups whole milk
- ½ cup heavy whipping cream
- Salt and pepper to taste

Method for the Steak:

1. In a shallow bowl, whisk together flour, one tsp black pepper, one tsp salt, paprika, onion powder, garlic powder, baking soda, and baking powder. Set aside.
2. In a separate shallow bowl, whisk together buttermilk, Tabasco Sauce, and eggs. Set aside.
3. Pat cube steaks dry with a paper towel, removing as much moisture as possible. Season with one tsp of salt and one tsp of pepper. Let sit for 5 minutes and pat dry again.
4. Dredge the steaks in the flour mixture, shaking off excess, then dredge in the buttermilk-egg mixture, letting excess drip off, and then once again in the flour mixture, shaking off excess.
5. Place breaded cube steaks on a sheet pan or metal rack and press any of the remaining flour mixture into the cube steaks making sure that the entire steak is completely coated. Let sit for 10 minutes, and preheat oven to 225 to 250 F.
6. Meanwhile, heat vegetable oil in a heavy skillet or large cast iron skillet over medium high heat, about ¼ inch deep. We are not deep-frying the steaks, just shallow frying.



7. Test the oil by dropping a bit of the breading into it. The oil should sizzle and bubble around the breading. The oil should be glistening but not smoking, 320-340 degrees F.
8. Place two steaks into the pan at a time and fry for 3 to 4 minutes on each side or until golden brown. Do not flip more than once or the breading will fall off. Do not fry more than two steaks or the pan will be too crowded and the breading will fall off.
9. Remove steaks from pan and drain on paper towels. Place in preheated oven. Turn skillet heat to medium.

Method for the Gravy:

1. Pour the remaining grease into a heat safe bowl or glass measuring cup (I used my Pyrex). Do NOT scrape the skillet clean, as those bits remaining flavor the gravy.
2. Add back in 4 tablespoons of the grease to the hot skillet.
3. Whisk in flour and continue whisking for two to three minutes or until nice and golden brown.
4. Combine the cream and milk and slowly drizzle in about 2 ½ cups into the skillet, whisking constantly. It might look a little crazy right at the beginning, but it will all come together.
5. Continue whisking and bring the gravy to a simmer. Cook until the gravy is smooth and creamy, about 5 to 7 minutes. If the gravy gets too thick, add in a little more milk. Season with salt and pepper to taste. (Mine did not need any salt but LOTS of pepper!)
6. Serve chicken fried steak with gravy and mashed potatoes and your favorite green veggies.