

Betty's Pan-Fried Round Steak Nuggets Recipe



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In this video, Betty demonstrates how to make her popular Pan-Fried Round Steak Nuggets. These have a light coating and are browned in a skillet. They come out crispy and crunchy, but juicy on the inside—and very flavorful! A *big* hit with the family!

Ingredients:

2 pounds eye of round beef steak, cut into 1-inch cubes (You may use any type of steak.)

salt or meat tenderizer (No MSG), to taste

ground black pepper, to taste

1 cup flour

¼ cup peanut oil for frying (Use may use other oils, and you may need to replenish, if you fry more than one skillet-worth.)

Sprinkle 2 pounds cubed steak with salt or meat tenderizer, to taste. With your hands, work the salt or meat tenderizer into steak cubes, and set aside. Pour ½ cup peanut (or other) oil into a large skillet and start heating the oil. While the oil is heating, place 1 cup of flour in a plastic zip-lock bag. Then, place a couple of handfuls of salted steak cubes into the plastic bag of flour. Hold the open end of the bag tightly, and shake the bag to coat the steak cubes thoroughly. When the oil in the skillet is sizzling hot (not smoking), take 2 or 3 steak cubes, shake off the excess flour into the plastic bag, and place them carefully into the hot oil. Continue to place coated steak cubes in the skillet, until the bottom of the skillet is covered. Turn the heat down, if the oil is getting overly hot. Shake some ground black pepper over the top of all of the steak cubes. By this time you have one layer of steak cubes in the skillet, the first steak cubes are probably getting brown on the bottom, so watch the carefully. When they are brown on the bottom, turn them, and let them brown on the top. When they are brown on both sides, they will be done in the middle. Remove them from the skillet, and place them on a tray that is covered with paper toweling to drain any excess oil. Repeat this process, until all steak cubes are fried. Remove the steak nuggets from the paper toweling and place them on a nice serving dish. Serve immediately! These are terrific and they really appeal to children, not just adults!!!