

Betty's Country Chicken-Fried Beef Steak Recipe



Uploaded on 7 Jul 2009

In this video, Betty demonstrates how to make her homey, comforting Country Chicken-Fried Steak. With a tasty coating and cooked to perfection, It is an entree you can be proud to serve at any meal!

Ingredients:

1 pound beef steak (I used top round steak, cut into 4 equally -sized pieces.)
1/4 cup flour
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1 egg, well beaten
2 tablespoons milk
1 cup saltine cracker crumbs (very fine)
6 tablespoons cooking oil (I used peanut oil.)

Combine 1/4 cup flour, 1/2 teaspoon salt, 1/2 teaspoon black pepper in a gallon-sized zip-lock plastic bag, and set aside. Combine 1 well-beaten egg with 2 tablespoons milk, and set aside. Place 1 inner packet of saltine crackers in a gallon-sized zip-lock bag, and roll with a rolling pin until *very* fine. Now, heat 6 tablespoons of cooking oil in an iron or oven-proof skillet. Coat your steak pieces as follows: dredge each piece in the flour mixture, by placing the steak in the plastic bag and shaking it until the entire steak is coated. now dip it into the egg mixture, and finally into the finely ground cracker crumbs. Place in hot oil, one piece at a time. Turn the pieces as they turn brown and crusty. When all pieces are turned, place the skillet in a 375-degree oven and bake for about 20 minutes. You will probably need to turn them once. Remove from the oven and transfer to a tray with paper toweling to drain the excess oil. Place on a nice serving dish, along with a meat fork. This is a delightful dish that tastes great any time of the year!