

# Chicken Fried Steak

## Description

## Ingredients

- 2 lbs boneless rib-eye steaks, 1/2-inch thick
- 2 tbsps table salt, for brine
- vegetable oil for frying
- 4 cups self-rising flour
- 1 tsp paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tbsp kosher salt
- 1 tsp fresh black pepper
- 1 scallion, green part only, chopped

## Instructions

1. Using the smooth side of a meat mallet, gently pound steaks to tenderize and flatten them. Place in a shallow baking dish, cover with cold water, and add table salt to create a brining solution. Cover and refrigerate 2 hrs or over night.
2. In a deep skillet, heat 4 inches of oil over medium-high heat to 350F.
3. In a shallow bowl, stir together flour, paprika, garlic and onion powders, kosher salt and pepper.

## Summary

**Yield:** 6

**Source:** Tyler Florence

**Prep Time:** 3 hours

**Category:** Main Dish

**Cuisine:** Southern

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One by one, lift steaks out of the brining solution and drop into the seasoned flour. Coat well; shake off excess. Repeat, dipping coated steaks back into the solution, then the flour.

4. Slip steaks into the hot oil. (Do not fry more than two pieces at a time, as this will lower the temperature.) Fry 10-12 minutes on each side. Remove; let rest 10 minutes before cutting. Sprinkle with scallions. Serve with white gravy, if desired.

## Notes

Per serving: 670 calories, 47g fat, 105mg cholesterol, 1100mg sodium, 31g carbs, 31g protein.