Chicken Fried Steak

Description

Summary
Yield: 6
Source: Tyler Florence
Prep Time: 3 hours
Category: Main Dish
Cuisine: Southern

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 fresk 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. 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.