



Noreen's Kitchen

Chicken Fried Steak Fingers

and White Gravy

Ingredients

Steak Fingers

2 pounds cube steak cut into strips
3 cups all purpose flour
1 teaspoon salt
1 teaspoon cracked black pepper
1 teaspoon chicken seasoning
1 teaspoon onion powder
1 teaspoon garlic powder
4 cups milk
2 quarts Oil for frying (I use sunflower oil)

White Gravy

1/2 cup oil from frying
1/2 cup of seasoned flour from dredging
3-4 cups milk left from dredging process

Step by Step Instructions

Place oil in a dutch oven or deep skillet over medium heat. Heat to 350 degrees before beginning to fry.

Combine flour and seasonings and whisk together.

Pour milk into a deep bowl.

Line a rimmed baking sheet with foil and place a baking rack in it to hold your coated steak strips before frying.

Working in batches, toss steak strips into the flour and coat completely. Then dip into the milk making sure to moisten the strips fully. Then toss the strips back into the flour and coat again being sure there are not any moist areas remaining.

Place the coated strips on to the prepared baking sheet until you have finished all the strips.

When your oil has reached the proper temperature for frying (350 degrees), begin to place a few strips at a time into the hot oil. Make sure not to over crowd the pan or you will drop the temperature too much causing the strips to steam instead of fry, making them absorb too much oil.

Fry until golden brown and the meat is fully cooked. This will take approximately 4 minutes.

Remove strips from hot oil and place on a pan lined with paper toweling. After they have drained, move them to a baking sheet in a 200 degree oven to stay warm until you have finished frying all your steak strips.

To make the gravy:

Pour the oil and any solids out of the pan and clean it out.

Return 1/2 cup of frying oil to the pan along with 1/2 cup of the seasoned dredging flour. Cook over medium heat for a minute or two until the mixture resembles a thick oatmeal consistency. If you have to, you can add more flour to reach the proper consistency.

Pour the reserved dredging milk to the pan and whisk or stir until you achieve a smooth gravy. Taste for seasoning and adjust to your preference.

Serve steak strips with gravy and any sides you might enjoy!

This is inspired by my youth and the Lucky Wishbone restaurant in Tucson, Arizona. A beloved college eatery! I think they are still in operation today! If you are from the area, you know what I am talking about!

ENJOY!