



Chicken Fried Steak

This recipe is adapted from one by [Threadgill's](#) in Austin, TX

1 large egg
2 cups milk, divided
3/4 cup flour
4 Six ounce sirloin or round steaks, pounded to about 1/4 inch thickness
Vegetable or Olive Oil
1 Tbsp flour
1 tsp Worcestershire sauce
1/2 tsp hot sauce
Salt and Pepper

Whisk the egg and 1 cup milk together in a medium bowl, set aside. Combine the 3/4 cups flour, seasoned with 1/2 tsp each of salt and pepper in a medium bowl. Dip the steaks in the egg mixture, and dredge in the flour mixture. Re-dip the steaks in the egg mixture, and immediately fry them, in batches, in about 3/4 inch of oil in an iron skillet, over high heat for about 2 minutes per side, until golden. Set the steaks aside to drain on paper towels; keep warm. Reserve about a tablespoon of drippings in the skillet. Heat and whisk in the Tbsp of flour, cook until you have a golden roux. Add the remaining cup of milk; cook, stirring, until the gravy is thick and bubbly. Add the Worcestershire sauce, hot sauce, and season with salt and pepper to taste. Serve the gravy with the steak.