



Paul's Supermarket
A Fresh Experience!

Country Fried Steak



Rated: ★★★★★

Submitted By: Laura

Photo By: ~TxCin~ILove2Ck

Prep Time: 15 Minutes

Ready In: 25 Minutes

Cook Time: 10 Minutes

Servings: 4

"Cube steaks, breaded with a seasoned flour and crushed cracker coating, then pan-fried, are a high-energy version of the traditional recipe."

INGREDIENTS:

1 egg	1 1/2 teaspoons onion powder
1/4 cup milk	1 1/2 teaspoons garlic powder
1 cup all-purpose flour	1 1/2 teaspoons Montreal steak seasoning
1 (4 ounce) packet saltine crackers, crushed	4 (4 ounce) cube steaks
1 1/2 teaspoons seasoned salt	2 tablespoons vegetable oil

DIRECTIONS:

1. Whisk together the egg and milk in a shallow bowl; set aside.
2. Whisk together the flour, crushed saltines, seasoned salt, onion powder, and steak seasoning. Dip the steaks in the egg mixture, then press each steak in the flour mixture. Pat the flour mixture into the steaks to coat them completely.
3. Heat oil in a large skillet over medium-high heat, and fry the steaks until they are golden brown, firm, hot in the center, and just turning from pink to grey, about 4 minutes per side. An instant-read thermometer inserted into the center should read 160 degrees F (70 degrees C).