

Chicken Fried Steak

Parade magazine

Servings: 6

If you can't find self-rising flour, replace 3 tablespoons of all-purpose flour with 2 tablespoons of baking powder and 2 teaspoons salt.

To test the oil, drop in a 1-inch cube of white bread. If the bread burns after 30 seconds, the oil is too hot; if the bread doesn't brown, the oil is not hot enough.

- 2 pounds boneless rib-eye steaks, cut 1/2-inch thick**
- 2 tablespoons table salt (for brine)**
- vegetable oil (for frying)**
- 4 cups self-rising flour (such as White Lily)**
- 1 teaspoon paprika**
- 1 teaspoon garlic powder**
- 1 teaspoon onion [powder**
- 1 tablespoon Kosher salt**
- 1 teaspoon fresh black pepper**
- 1 scallion (green part only), chopped**

Using the smooth side of a meat mallet, gently pound the 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 hours or overnight.

In a deep skillet, heat 4 inches of oil over medium-high heat to 350 degrees.

In a shallow bowl, stir together flour, paprika, garlic and onion powders, 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.

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

Per Serving (excluding unknown items): 3 Calories; trace Fat (14.7% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 940mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fat.