

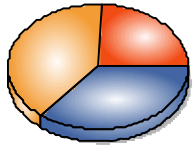


Chicken Fried Steak w/ Country Gravy, Corn and Mashed "Potatoes"

By: Adapted from "Guilt-Free Frying" by Bluestein/Morrissey by DrJez LLC

Recipe grams: 884.46g/31.2oz

Serves 2 442.23g/15.6oz per serving



Protein: 36%
Carbohydrates: 52%
Fat: 12%

INGREDIENTS

6 oz BEEF ROUND, TIP, BROILED, SLO
1/4 cup WHITE FLOUR, ALL PURPOSE
1 tsp GARLIC POWDER
1 tsp MUSTARD POWDER
2 dashes SALT, TABLE
1 tsp BLACK PEPPER, GROUND
1 tbsp CORNSTARCH
1 large EGG WHITE, CHICKEN, RAW
1 tsp WORCESTERSHIRE SAUCE
1/4 cup BROTH, CHICKEN, NONFAT, RTS
1 tbsp WHEAT FLOUR, WHITE, ALL PURPOSE
1/4 cup MILK, COW'S, NONFAT (SKIM)
1 tsp PEPPER, BLACK, GROUND
1 dash SALT, TABLE
2 ears CORN, YELLOW, BOILED, NO SALT
1 head CAULIFLOWER, RAW
2 tsp Better Than Boullion - Ham Base
2 tbsp BUTTERMILK, DRY

DIRECTIONS

This one uses many tricks, but it produces a very happy product.

"Frying" the Steak:

The trick here is a heavy-gauge non-stick baking sheet. Place it in an oven and preheat it thoroughly to 475

Trim the steak and pound each into a thin piece, about 1/4 inch thick. A meat tenderizer works the best.

Prepare three dishes as follows:

- 1.) Sprinkle a thin layer of corn starch on a plate.
- 2.) Combine egg white with a Tbsp of milk and Worcestershire in a shallow bowl. For a thicker batter coating, use evaporated milk.
- 3.) On a second large plate, mix the flour, garlic powder, dry mustard, salt and pepper. For greater flavor add 2 Tbsp of dry buttermilk powder.

Dip each piece of meat in corn starch, shaking off excess. Then dip into egg mixture. HINT: Tongs will keep the meat better coated without getting you up to your elbows in coating!
Finally, coat the meat thoroughly with the flour mixture.

Spray the preheated baking sheet with cooking spray and place the steaks. Bake for 5 minutes. Turn over and bake until browned, about another 5 minutes.

NOTE: The heavy sheet and high temp will "fry-bake" the steaks producing a crispy coated product with moist meat.

GRAVY:

The problem with country gravy, is of course, the fat that is needed for the flavor. I suggest the new line of products that are bases

Nutrition Facts

Serving Size: 1 serving (442.2g)
Servings: 1

Amount Per Serving

Calories 450 Calories from Fat 50

% Daily Value*

Total Fat 6g **10%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 55mg **20%**

Sodium 1180mg **50%**

Total Carbohydrate 60g **20%**

Dietary Fiber 7g **30%**

Sugars 12g

Protein 42g

Vitamin A 6% • Vitamin C 120%

Calcium 15% • Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet.



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for boullion, in this case, a ham base. Only a small amount is needed and it gives all the flavor with none of the fat!!

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Combine the broth, ham base and milk along with about 1/4 cup of water. Heat gently just until steaming. Place the flour in a nonstick pot and stir over medium heat until it begins to darken slightly. (Toasting it gives added flavor). Add the broth mixture, salt and pepper to taste. Stir over medium-high heat with a whisk until thickened. Add water as needed for the proper consistency desired.

Mashed "Potatoes"

To keep the calories in check, increase the nutrient and fiber content, make the Cauliflower mashed potatoes as given elsewhere on this site. Moisten with Fat-Free Half and Half or a small amount of evalorpatated milk and season with Fat Free Butter Buds or Molly McButter.

Place half of potatoes on plate and place an ear of steamed corn and a steak. Cover with gravy and enjoy!