

Kansas Chicken Fried Steak

Ingredients

- 1 1/2 lbs top round or sirloin steaks
- 1/2 cup flour
- 1/4 tsp garlic powder
- 1/4 tsp salt
- 1/4 tsp pepper
- 1 egg
- 1 Tbsp cold water
- 1 cup bread crumbs
- cooking oil
- 1 onion, peeled and cut into rings
- 2 Tbsp flour
- 1 1/3 cups milk

Directions

Remove outside fat from steaks and cut them into serving portions. Tenderize the steaks by pounding with a meat tenderizer on both sides. Set aside.

Mix the flour with the garlic powder, salt and pepper in a bowl. In a separate bowl, beat the egg with the water. Place the breadcrumbs in a third bowl or dish. Working one at a time, coat each steak with the flour, then dip it into the egg mixture, making sure it's all covered, and then into the breadcrumbs.

Heat about 1/4" of oil in a frying pan over medium-high. Add steak, turn down heat to medium and fry until golden, turn and repeat. Repeat with the rest of the steaks. Remove, drain over paper towels, and cover to keep warm.

Return frying pan to stove and heat over medium heat. Add the onion rings and saute until soft. Stir in the flour and then the milk. Continue cooking, stirring frequently, until the sauce thickens to your liking. Taste and season with salt and pepper to taste.

Serve the gravy on top of the steaks.