

- Quick & Easy
- Healthy Eating
- Holidays & Parties
- In Season Now
- Recipes on TV
- Chef Recipes
- Shop Food Network

Enter Search Term

Entire Site

My Recipe Box Sign In/Register

Font Size: A A A

Print Page

E-Mail



Chicken Fried Steak

Recipe courtesy Alton Brown, 2006

Show : [Good Eats](#) Episode: [Cubing Around](#)

RECIPE **COMMENTS & REVIEWS** (102)



[102 Reviews](#)

Cook Time 30 min **Level** Intermediate **Yield** 4 to 6 servings

Ingredients

- 2 pounds **beef** bottom round, trimmed of excess fat
- 2 teaspoons kosher salt
- 1 teaspoon freshly ground black pepper
- 1 cup all-purpose flour
- 3 whole eggs, beaten
- 1/4 cup **vegetable oil**
- 2 cups **chicken** broth
- 1/2 cup whole **milk**
- 1/2 teaspoon **fresh** thyme leaves

Recipe Tools:

- [Print Recipe](#)
- [Get Card](#)
- [Save Recipe](#)

Advertisement

Similar Recipes

Recipes

SIMILAR **QUICKER**

- [Chicken Fried Steaks and Oysters with Cream Gravy](#)
- [Chicken Fried Steak and Cream Gravy](#)
- [Chicken Fried Steak with Cream Gravy](#)
- [Buck Ream's Sourdough Chicken Fried Steak](#)

Other Recipes from This Episode

Alton Brown's Most Popular

Most Popular

Recipes

MOST VIEWED **MOST E-MAILED** MOST SEARCHED

- [The Ultimate Potato Gratin](#)
- [Macaroni and 4 Cheeses](#)
- [Chicken Parmesan](#)
- [Angel Food Cake](#)
- [Irish Soda Bread](#)

Videos

Photo Galleries

Topics

**PRINT THEM AT HOME
SAVE IN THE STORE!**

All About...

- [Beef](#)
- [American](#)
- [Pie](#)
- [Chicken](#)
- [More Topics](#)

In Our Store

1 of 5



[Gamet Chicken Fryer by KitchenAid](#)
\$129.95

[Browse More Products](#)

What We're Cooking



1 of 10

[Whole-Wheat Irish Soda Bread](#)

Directions

Preheat oven to 250 degrees F.

Cut the meat with the grain into 1/2-inch thick slices. Season each piece on both sides with the salt and pepper. Place the flour into a pie pan. Place the eggs into a separate pie pan. Dredge the meat on both sides in the flour. Tenderize the meat, using a needling device, until each slice is 1/4-inch thick. Once tenderized, dredge the meat again in the flour, followed by the egg and finally in the flour again. Repeat with all the pieces of meat. Place the meat onto a plate and allow it to sit for 10 to 15 minutes before cooking.

Place enough of the vegetable oil to cover the bottom of a 12-inch slope-sided skillet and set over medium-high heat. Once the oil begins to shimmer, add the meat in batches, being careful not to overcrowd the pan. Cook each piece on both sides until golden brown, approximately 4 minutes per side. Remove the steaks to a wire rack set in a half sheet pan and place into the oven. Repeat until all of the meat is browned.

Add the remaining vegetable oil, or at least 1 tablespoon, to the pan. Whisk in 3 tablespoons of the flour left over from the dredging. Add the chicken broth and deglaze the pan. Whisk until the gravy comes to a boil and begins to thicken. Add the milk and thyme and whisk until the gravy coats the back of a spoon, approximately 5 to 10 minutes. Season to taste, with more salt and pepper, if needed. Serve the gravy over the steaks.



Advertisement



- [The Greatest Waffle Recipe Ever](#)
- [Martha Stewart's Mac n' Cheese Recipe](#)
- [The Best Fried Chicken Recipe](#)

Ideas From FoodNetwork.com

- [Watch Backstage *Showdown* Drama](#)
- [Behind the Scenes with Duff](#)
- [Got an Ultimate Recipe? Enter Now](#)

- [Healthy Twists on Old Favorites](#)
- [Decadent Spiced Desserts](#)
- [Ellie Krieger's Healthy Eating Hints](#)

- [How-To Shrimp Videos](#)
- [Kid-Approved Recipes](#)
- [Ace of Cakes Classics](#)

- [Get America's Best Recipes](#)
- [Quick Shrimp Dinners](#)
- [Four-Cheese Baked Penne](#)

More From Food Network

- [Sweepstakes and Contests](#)
- [Foodtv UK](#)
- [Share Our Strength](#)
- [Topics A-Z](#)
- [Create Personal Cookbook](#)
- [Mobile](#)
- [Food Network Magazine](#)

Food Network Family

Food Network Magazine

- [This Month's Issue](#)
- [Web-exclusive Recipes](#)
- [Subscribe Now!](#)

Food.com



- [Web Wide](#)
- [Recipe Search](#)
- [& Storage](#)

Fine Living

- [St. Patty's Day Cocktails](#)
- [10 Martini Recipes](#)
- [10 Romantic Cocktails](#)

FoodNetwork.com Home	Recipes & Cooking	Quick & Easy	Healthy Eating	Holidays & Parties	Shows	Chefs	Video	Shop
--------------------------------------	---------------------------------------	----------------------------------	--------------------------------	--	-----------------------	-----------------------	-----------------------	----------------------

Comparison Shop for Kitchen Appliances & Utensils at Shopzilla & BizRate.

[Site Map](#)
[Terms of Use](#)
[Infringements](#)
[Privacy & CA Privacy Rights](#)
[Advertise With Us](#)
[About](#)
[Help](#)
[Contact Us](#)
 © 2009 Television Food Network G.P. All rights reserved.