



Chicken Fried Steak

Carolina Gold Rice, Haricot Verts, Cracked Pepper Gravy

(Serves 6)

Chicken Fried Steak:

2 cups	Flour
2 cups	Milk
2 cups	Buttermilk
2 lbs	Beef Tenderloin
2 tsp	Salt
1 tsp	Fresh Ground Black Pepper
	Vegetable Oil

Cracked Pepper Gravy:

2 Tbs	Oil, reserved from frying
3 Tbs	Flour, reserved from the steaks
2 cups	Chicken Broth
¼ cup	Whole Milk
¼ cup	Heavy Cream
	Cracked Black Pepper
	Salt

Chef Shaun Garcia has fond childhood memories of this dish. "It always takes me back to the simple time in life. It makes me think of my grandmother and her hands preparing chicken fried steak. Times have changed, and our version is a little more refined than in her days, but I know you will enjoy it as much as I have." For our friends who didn't grow up in the South, don't be surprised that there is no chicken in this dish!

For the Chicken Fried Steak: Preheat the oven to 250°F.

Place the flour in a pie pan. Pour the milk and buttermilk into another pie pan. Cut the tenderloin along the grain into six ½-inch thick slices. Season each piece on both sides with the salt and pepper. Using a meat mallet or needling device, tenderize the meat, until each slice is ¼-inch thick. Dredge the meat in the flour, then in the buttermilk, and finally in the flour again. Repeat for all the pieces of meat. Set aside the remaining flour for the gravy.

Add enough vegetable oil to cover the bottom of a 12-inch slope-sided skillet 1 inch deep 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. Place the cooked steaks on a wire rack set in a sheet pan and put in the oven. Repeat until all of the meat is browned. Season again with salt and pepper.

For the Cracked Pepper Gravy: When all the meat is cooked and holding in a warm oven, drain all but 2 Tbs of the oil from the skillet. Whisk in 3 tablespoons of the flour from the dredging. Add the chicken broth to deglaze the pan. Simmer, whisking constantly until the gravy comes to a boil and begins to thicken. Add the milk and cream. Simmer, whisking constantly, until the gravy coats the back of a spoon, approximately 5 to 10 minutes. Season to taste with salt and pepper.

Finish the Dish: Pour the gravy over steak as desired. Dust with freshly ground black pepper as desired. For a complete meal, place the Chicken Fried Steak on Carolina Gold Rice (see page 143) and Haricot Verts (see page 128).

Pairing Suggestion: Porter or Stout Beer. The robust flavors of these beers stand up to the same flavors in the Chicken Fried Steak. If you prefer wine, try a Chianti from Italy (choose a Chianti Classico Riserva for special occasions).