

GOLDEN OAK FARM RECIPES

THE ALWAYS DELICIOUS CHICKEN FRIED STEAK

This recipe is both simple and and delicious and requires very little prep time.

Ingredients:

- 4 Beef Cutlets From Golden Oak Farm
- ¼ Teaspoon ground garlic
- ¼ Teaspoon onion powder
- ½ Table Spoon Italian Seasoning
- ¾ Cup Italian Bread Crumbs
- 2 Table spoons flour
- 1 ½ Cups Butter Milk
- A sprinkle of salt
- A sprinkle of ground pepper
- 4-6 Table spoons of olive oil
- 1 Egg
- 1 medium onion cut into rings

Instructions:

In one flat dish combine all the seasonings and the bread crumbs. In a separate dish combine two table spoons of butter milk and 1 egg. Dip the cutlets in the egg and then coat them completely with the bread crumb mixture.

In a medium non stick frying pan, preheat 2 tablespoons of oil on deium heat and cook the cutlet for 6 minutes, 3 minutes each side (or until done).

Once done remove the cutlets and set aside. Add 2-3 tablespoons of oil to the frying pan with the onions and the drippings and cook until soft but not brown. Add the rest of the buttermilk to the frying pan with 2 tablespoons of flour and cook until it starts to bubble lightly, cook for 1 minute after that or to desired thickness. Enjoy!