



# RECIPE

from the kitchen of Bread for Life

Courtesy of

**Chef Bob**

## ***Bread for Life's Chicken Fried Steak***

If you are unfamiliar with this dish, it is a Southern favorite (and a favorite at Bread for Life!). You use cube steaks for this recipe and dip them in egg and flour and fry, much like fried chicken but with steak.

Dredge cube steaks in seasoned flour (flour seasoned with salt, pepper, garlic powder, onion powder, cayenne pepper). Then dredge cube steaks in butter milk, then back in flour. Heat a pan filled with oil just enough to cover bottom of the pan. Make sure oil is not too hot --- about 300 degrees. Place the steaks into the oil until golden brown. Finish in oven for 10 minutes at 350 degrees.

### SAUCE

4 links breakfast sausage  
salt and pepper  
Cajun spice

Slow simmer half and half in saucepan. Add roux (butter/flour mixture) to desired thickness add sausage and spices. Pour over steak and enjoy!

