

Fried Tenderized Round Steak

ROUNDSTEAKS

1 1/2 CUPS WHITE LILY SELF-RISING FLOUR

MEAT TENDERIZER (VERY SALTY) OR SALT

ROASTED GARLIC POWDER

GROUND ROSEMARY (OPTIONAL)

BLACK PEPPER OR WHITE PEPPER

2 EGGS (ROOM TEMP.)

Take meat out of refrigerator 1 hour prior to tenderizing so meat fibers will warm up before pounding. Season chops lightly with meat tenderizer and well with other spices. Use a meat mallet and beat steaks well on both sides. For best results do this one day ahead, place in Ziplock bag and refrigerate overnight. Take meat out of refrigerator 1 hour prior to battering and frying.

Place flour in a shallow pie plate. Place eggs in a shallow pie plate and beat with fork.

Dip each steak in egg and then into flour pressing flour into steak. Dip and batter both sides and place them back on a large platter.

Fry steaks in 1/2" deep HOT oil in a large skillet. Fry 3 minutes first side on medium/high. Flip them and fry 2 minutes. You may have to turn heat down slightly to prevent burning. Use drippings and make my white gravy recipe to serve over steaks.