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Chicken-Fried Steak With Spiced Gravy

Prep Time: 20 mins

Cook Time: 20 mins

Total Time: 40 mins

Ingredients

- 1 pounds beef, lean top round steak, cut 1/2 inch thick
- cooking spray
- 1/4 cup(s) flour, all-purpose
- 1 tablespoon cheese, Parmesan, grated
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon cumin, ground
- 1/4 teaspoon coriander, ground
- 1/8 teaspoon pepper, cayenne
- 1 egg white(s)
- 1/3 cup(s) buttermilk
- 1 cup(s) cereal, Cornflakes, crushed
- 1 tablespoon butter
- 3/4 cup(s) milk, fat-free
- 1 dash(es) nutmeg, ground
- 1 tablespoon flour, all-purpose
- 1/8 teaspoon salt



Preparation

Chicken-"Fried" Steak:

- 1) Preheat oven to 425°F. Cut steak into 4 portions. Coat a baking sheet with nonstick cooking spray; set aside.
- 2) In a shallow dish, combine the 1/4 cup flour, the Parmesan cheese, garlic powder, the 1/2 teaspoon salt, the cumin, coriander, and pepper. In another shallow dish, combine egg white and buttermilk; beat with a wire whisk until mixed. Place crushed cornflakes in a third shallow dish.
- 3) Dip steak pieces into flour mixture to coat. Dip into egg mixture. Coat with crushed cornflakes. Arrange coated steak pieces on prepared baking sheet. Bake for 20 to 22 minutes or until steak coating is crisp and steak is well done, turning once. Serve Spiced Gravy over steak pieces. Makes 4 servings.

Spiced Gravy:

In a small saucepan, melt 1 tablespoon butter over medium heat. Stir in 1 tablespoon all-purpose flour; cook and stir about 3 minutes or until flour begins to brown. Slowly whisk in 3/4 cup fat-free milk, 1/8 teaspoon salt, and a dash ground nutmeg. Cook and stir until thickened and bubbly. Reduce heat; cook and stir for 1 minute more.