

how to make chicken fried steak

How to Make Chicken Fried Steak: A Delicious Southern Classic

how to make chicken fried steak is a question that brings to mind the comforting, crispy, and flavorful dish beloved in Southern kitchens across the United States. This hearty meal features tenderized beef steak, breaded and fried to golden perfection, often served with creamy white gravy. Whether you're a seasoned cook or trying this recipe for the first time, understanding the steps and techniques behind this classic dish can elevate your home cooking and impress family and friends alike.

What Is Chicken Fried Steak?

Before diving into how to make chicken fried steak, it's helpful to understand what exactly this dish entails. Despite its name, chicken fried steak doesn't contain chicken. Instead, it's a beef steak—usually a cut like cube steak or tenderized round steak—that is dredged in seasoned flour, dipped in an egg wash, and fried much like fried chicken. The result is a crispy, golden crust encasing juicy, tender beef.

This dish is deeply rooted in Southern cuisine but has influences from German and Austrian schnitzel, where meat is similarly breaded and fried. Chicken fried steak is often served with creamy country gravy, mashed potatoes, and green beans, making it a filling and comforting meal.

Choosing the Right Cut of Meat

One of the keys to mastering how to make chicken fried steak is selecting the right cut of beef. The best choice is typically a tougher, less expensive cut of meat that benefits from tenderizing.

Best Cuts for Chicken Fried Steak

- **Cube Steak:** Perhaps the most popular choice, cube steak is a cut of beef, usually top round or top sirloin, that has been mechanically tenderized. It's affordable and perfect for frying.
- **Round Steak:** Another good option, round steak can be tenderized at home using a meat mallet.
- **Sirloin Tip or Chuck Steak:** These cuts can work well if properly tenderized but tend to be pricier.

If you can't find cube steak, you can buy a round steak and tenderize it yourself by pounding it thin with a meat tenderizer. This not only helps break down the tough fibers but also allows the meat to cook quickly and evenly.

The Essential Ingredients for Chicken Fried Steak

Understanding the ingredients will help you grasp the process and flavor profile of chicken fried steak.

Key Components

- **Steak:** Tenderized cube or round steak.
- **Flour:** All-purpose flour seasoned with salt, black pepper, paprika, garlic powder, and cayenne for a mild kick.
- **Egg Wash:** Eggs beaten with a splash of milk to help the flour coating stick to the steak.
- **Oil for Frying:** Vegetable oil or peanut oil, which have high smoke points suitable for frying.
- **Gravy Ingredients:** Butter, flour, milk, and seasoning to make a creamy white country gravy.

Step-by-Step Guide: How to Make Chicken Fried Steak

Now that you have your ingredients and meat ready, let's walk through the process of how to make chicken fried steak at home.

Preparing the Steak

First, if your steak isn't already tenderized, place it between two sheets of plastic wrap or in a resealable bag and pound it with a meat mallet until about ¼ inch thick. This ensures the steak cooks evenly and stays tender.

Next, season the flour mixture generously. Mixing in spices like paprika and garlic powder

adds depth to the crust, while salt and pepper enhance flavor.

Breading the Steak

The breading process is similar to how you'd prepare fried chicken:

1. Dredge each piece of steak in the seasoned flour, coating it thoroughly.
2. Dip the floured steak into the egg wash, allowing excess to drip off.
3. Return the steak to the flour mixture for a second coating. This double dredge creates a thick, crispy crust.
4. Set the breaded steaks on a wire rack to rest for a few minutes. This helps the coating adhere better when frying.

Frying to Perfection

Heat about ½ inch of oil in a heavy skillet over medium-high heat until shimmering but not smoking. A good test is to drop a pinch of flour into the oil; if it sizzles immediately, the oil is ready.

Carefully place the steaks in the hot oil, frying for about 3-4 minutes per side until the crust is golden brown and crispy. Avoid overcrowding the pan to maintain oil temperature and ensure even cooking.

Once fried, transfer the steaks to a plate lined with paper towels to drain excess oil.

Making the Classic White Gravy

No chicken fried steak is complete without creamy country gravy. Here's a simple way to make it:

- In the same skillet used for frying, reduce heat to medium and add a few tablespoons of butter.
- Whisk in about 3 tablespoons of flour and cook for 1-2 minutes, stirring constantly to make a roux.
- Slowly pour in 2 cups of milk, whisking to combine and prevent lumps.
- Simmer until thickened, about 5 minutes. Season with salt and plenty of black

pepper.

The gravy's slightly peppery, creamy texture balances the crispy steak perfectly.

Tips and Tricks for the Best Chicken Fried Steak

Mastering how to make chicken fried steak is easier with a few insider tips that home cooks swear by.

Use Fresh Oil and Monitor Temperature

Using fresh oil ensures a clean flavor, while maintaining the right temperature (around 350°F) prevents greasy, soggy crusts. If the oil is too hot, the coating can burn before the steak cooks; too cool, and it will absorb too much oil.

Rest Before Serving

Allow the steaks to rest briefly after frying. This helps the juices redistribute and the crust to set, making each bite tender and crispy.

Customize Your Seasonings

Feel free to experiment with the seasoning blend in the flour. Adding onion powder, smoked paprika, or even a pinch of cayenne can add a personalized touch to your chicken fried steak.

Serving Suggestions

Traditionally, chicken fried steak pairs beautifully with mashed potatoes, green beans, or coleslaw. The creamy gravy can be spooned liberally over both the steak and potatoes for that authentic Southern comfort experience.

Variations on Chicken Fried Steak

Once you've mastered the classic, there are many ways to put your own spin on this dish.

Chicken Fried Steak with a Spicy Twist

Add cayenne pepper or hot sauce to the egg wash or gravy for a bit of heat that complements the savory flavors.

Baked Chicken Fried Steak

For a lighter option, bread the steak as usual but bake it in the oven instead of frying. This method won't yield quite the same crunch but is a healthier alternative.

Country Fried Steak

Sometimes used interchangeably with chicken fried steak, country fried steak is typically pan-fried and served with brown gravy instead of white. Trying both styles can be a fun culinary exploration.

Cooking chicken fried steak at home is a rewarding experience that brings a touch of Southern hospitality to your dinner table. With the right cut of meat, a flavorful breading, and a luscious gravy, you can create a meal that's crispy, comforting, and downright delicious. Whether it's a weekend feast or a special occasion, knowing how to make chicken fried steak will surely become a valuable addition to your recipe repertoire.

Frequently Asked Questions

What is the key to making a crispy coating for chicken fried steak?

The key to a crispy coating is to use a combination of flour and seasonings, dredge the steak in flour, then dip it in a buttermilk or egg wash, and coat it again in the seasoned flour before frying in hot oil.

Can I use other cuts of beef for chicken fried steak besides cube steak?

Yes, while cube steak is traditional due to its tenderness and thinness, you can use other tenderized cuts like round steak or sirloin, but make sure to pound them thin for best results.

How do I make the classic white gravy to serve with chicken fried steak?

After frying the steak, use the leftover pan drippings to make a roux by adding flour and cooking briefly, then gradually whisk in milk, seasoning with salt and pepper to make a creamy white gravy.

Is it better to fry chicken fried steak in a deep fryer or a skillet?

Frying in a heavy skillet or cast iron pan with enough oil to shallow fry is preferred because it allows better control over temperature and ensures even cooking and crispiness.

How can I keep chicken fried steak tender and juicy inside while getting a crispy crust?

Tenderize the meat well, avoid overcooking by frying at the right temperature (around 350°F), and let the steak rest briefly after frying to retain juices while the crust stays crispy.

Additional Resources

****Mastering the Art of Chicken Fried Steak: A Detailed Guide****

how to make chicken fried steak stands as a culinary inquiry that bridges traditional Southern comfort food with the practical needs of home cooking. This dish, known for its crispy, golden crust and tender meat interior, continues to captivate food enthusiasts and chefs alike. Understanding the nuances behind its preparation not only enhances the cooking experience but also elevates the final result on the plate.

The Origins and Culinary Context of Chicken Fried Steak

Chicken fried steak, despite its name, contains no chicken. The term refers to a cooking method borrowed from fried chicken, where a piece of beef—typically tenderized round steak—is breaded and fried to achieve a texture reminiscent of fried chicken's crispy exterior. This dish traces its roots to Southern United States cuisine, where it has become a staple comfort food, often accompanied by creamy country gravy.

The appeal of chicken fried steak lies in its combination of contrasting textures and flavors. The crispy breading provides a satisfying crunch, while the meat inside remains juicy and tender when prepared properly. This balance requires precise technique and attention to detail, especially in the breading and frying stages.

Key Ingredients and Their Roles

When exploring how to make chicken fried steak, the choice of ingredients plays a pivotal role. The cut of beef frequently used is cube steak, which is a tenderized round or sirloin cut. Cube steak is favored for its thinness and texture, making it ideal for quick frying. Alternatives include thin-cut top round or even flank steak, though these may require additional tenderizing.

The breading process typically involves a seasoned flour mixture. Common seasonings include salt, black pepper, garlic powder, and paprika, which contribute to the flavor profile of the crust. Some recipes incorporate a buttermilk or egg wash step, enhancing the adhesion of the flour and adding richness to the coating.

Oil selection affects both flavor and health considerations. Traditional recipes use vegetable oil or lard for frying due to their high smoke points and neutral taste. However, modern cooks may opt for healthier options such as canola or peanut oil without compromising crispness.

Step-by-Step Process: How to Make Chicken Fried Steak

The procedure to create an authentic chicken fried steak can be broken down into several critical stages:

1. Preparing the Steak

Begin by tenderizing the steak if it is not pre-cubed. Using a meat mallet, gently pound the meat to an even thickness of about ¼ inch. This ensures uniform cooking and a tender bite.

2. Seasoning and Breading

- Create the flour mixture by combining all-purpose flour with your preferred seasonings.
- In a separate bowl, whisk eggs (sometimes combined with buttermilk) to form an egg wash.
- Dip each steak piece first into the flour mixture, then into the egg wash, and again into the flour. This double-dip method is essential for a thick, crispy crust.

3. Frying

Heat oil in a heavy skillet to approximately 350°F (175°C). Carefully place the breaded

steaks in the hot oil, frying each side for about 3 to 4 minutes or until golden brown. Avoid overcrowding the pan to maintain oil temperature and ensure even cooking.

4. Draining and Serving

Once cooked, transfer the steaks to a wire rack or paper towels to drain excess oil. Serve immediately, traditionally with white gravy made from pan drippings, mashed potatoes, or green beans.

Comparing Chicken Fried Steak with Similar Dishes

Understanding how chicken fried steak differs from other fried meat dishes provides deeper insight into its unique characteristics. For example, country fried steak is often confused with chicken fried steak but typically features a thinner crust and is pan-fried at a lower temperature, resulting in a softer breading. Additionally, chicken fried steak's breading is usually more seasoned and double-dipped, creating a crunchier texture.

In contrast to schnitzel, a European dish with a similar preparation style, chicken fried steak employs different seasonings and is often paired with gravy rather than a squeeze of lemon or capers. These subtle distinctions highlight regional preferences and culinary evolution.

Health Considerations and Variations

While chicken fried steak is undeniably rich and indulgent, modifications can be made to suit dietary preferences. Baking the breaded steak instead of deep-frying reduces fat content, though it may compromise crispiness. Using leaner cuts of beef or substituting with chicken breast can also lighten the dish.

Additionally, gluten-free adaptations are achievable by replacing all-purpose flour with alternative coatings such as almond flour or gluten-free breadcrumbs. This approach allows those with dietary restrictions to enjoy the signature flavors without adverse effects.

Essential Tips for Perfecting Chicken Fried Steak

To consistently achieve the ideal chicken fried steak, consider the following expert recommendations:

- **Maintain oil temperature:** Use a thermometer to keep the oil between 350°F and

375°F, ensuring the breading crisps quickly without absorbing excess oil.

- **Double dredging:** The flour-egg-flour method creates a robust crust that holds up during frying and serving.
- **Rest before frying:** Let breaded steaks sit for a few minutes to allow the coating to adhere better.
- **Use a heavy skillet:** Cast iron skillets distribute heat evenly, preventing hot spots that can burn the coating.
- **Prepare fresh gravy:** Utilize pan drippings for a more authentic and flavorful country-style gravy.

The Role of Chicken Fried Steak in Modern Cuisine

Chicken fried steak remains a beloved dish in American culinary culture, particularly in the South and Midwest. Its enduring popularity stems from its comforting qualities and versatility. Chefs continue to reinvent the classic recipe by incorporating artisanal ingredients, experimenting with spice blends, or pairing it with contemporary sides like roasted vegetables or gourmet mashed potatoes.

Moreover, chicken fried steak resonates with the growing trend of nostalgic cooking, where home cooks seek to recreate traditional dishes with modern techniques. The balance between preserving authenticity and introducing innovation makes learning how to make chicken fried steak an engaging culinary challenge.

In summary, the process of how to make chicken fried steak involves a keen understanding of ingredient selection, preparation techniques, and frying precision. This dish exemplifies the harmony between simple ingredients and skillful cooking, resulting in a meal that is both satisfying and emblematic of Southern hospitality.

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I'm a MEAT LOVER! And SO ARE YOU!☐ Read this book for FREE on the Kindle Unlimited NOW!
☐Nope, I'm not sharing a secret. Rather, I'm letting everyone know that I'm so proud of it! Either my

caveman good looks or Midwestern background developed my love for meat and poultry. As far as I can recall, the best meals I've had are all meat-based. Meat and Poultry dishes always fill my heart with happiness, especially a platter of tender and juicy braised chicken thighs and kale with crunchy breadcrumb toppings and my grandma's filling Bolognese-a delicious sauce of ground beef with buttered noodles, Parmesan cheese, and a few acidic tomatoes. Can't wait to discover the book 365 Chicken Fried Steak Recipes right now! 365 Awesome Chicken Fried Steak Recipes Meat, as well as poultry, can play the lead role in a meal, such as an awesome roast of prime rib served in special gatherings. Sometimes, it can play the supporting role, such as beef-studded Southern greens, which is the way I eat daily. No matter what, meat and poultry usually add a special touch to any dish, meal, or even an entire event. You're sure to get several great choices in the book 365 Chicken Fried Steak Recipes, whether you're preparing food for a dinner party or just making a weeknight dinner for your family. Lastly, a few words from one meat lover to another: I hope your steaks would always be medium-rare yet crusty on the outside, your fridge be always stocked up with bacon, your potatoes be fried in duck fat and turn out crispy, and your sides be fresh, seasonal, and bursting with flavors. You also see more different types of recipes such as: Gravy Recipe Quesadilla Recipes Fritter Cookbook Teriyaki Cookbook Chicken Breast Recipes Fried Rice Recipe Jerk Chicken Recipe [Download Free eBook \(PDF\) included FULL of ILLUSTRATIONS for EVERY RECIPES](#) right after conclusion [I really hope that each book in the series will be always your best friend in your little kitchen. Let's live happily and eat meat and poultry every day! Enjoy the book,](#)

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how to make chicken fried steak: Brides of Beckham: Books 41-50 Kirsten Osbourne, 2024-12-06 Mail Order Misprint: Sydney Weatherby prefers bicycling and helping orphans over traditional marriage pursuits. Sick of her meddling mother, she becomes a mail-order bride. Arriving in Fort Worth, she prays for help from a stranger. Lewis Dailey immediately desires to marry her and starts courting her. But will Sydney choose love or independence? Mail Order Mother-in-law: After taking care of her mother, who has been faking illness, for 10 years, Heather decides to leave and start a new life. Through a matchmaker, she becomes a mail-order bride for rancher Patrick O'Brien in Idaho. Their marriage is great until Heather's mother arrives, pretending to be someone else. Will their relationship survive her interference? Mail Order Magnificence: Betsy agreed to go west and marry a stranger with two children, seeking escape from her hometown and an unwanted crush. Marvin sent for a bride to help with his withdrawn daughter, Candy, and when Betsy meets the children she vows to protect them. Will their different ideas on child-rearing drive them apart or bring them together? Mail Order Myth: Tabitha Murphy heads west as a mail-order bride, despite her doubts. She arrives in Wyoming to find no one waiting for her. Bert Blander finds it amusing that she traveled all this way for a man who may not even be able to read. He takes her in until she can find another husband. The two end up getting married the next day, but who sent the letters for the non-existent Jacob Small? Will they have to pay for Tabitha's train fare back? Mail Order Mockery: Jessica Moore has resigned herself to never finding love. But when she sees an advertisement for a mail-order bride marriage, she takes a chance with Elizabeth Tandy. George Fleming, who lost his first love in childbirth, needs a mother for his four children. When Jessica arrives, she hopes for acceptance but is met with rejection. Will George ever open his heart to his new bride? Mail Order Match-Up: Socialite Florence's fiancé cheated on her and must marry the woman he got pregnant. Faced with pitying looks, she becomes a mail-order bride for bank owner Jacob Weatherby in Cheyenne, Wyoming. They feel an instant attraction, but Florence discovers Jake's dark past. Will their marriage survive? Mail Order Mate: Kate Jessup is a seamstress and unwed mother whose life collides with rugged rancher Emmett. Despite tension from his resentful mother, they enter a marriage of convenience on the Wyoming prairie. As Kate mends fabric, can she also heal her relationship with Emmett's mother? And will Emmett win her guarded heart with his gentle strength? Mail Order Mirth: Amelia Beckham, an orphan with a joyful spirit, answers a mail-order bride ad. Anthony Martin, a widower carrying the weight of the world, seeks happiness for himself and his two young sons through a matchmaker in Massachusetts. Their worlds collide in Midland,

Texas as Amelia's optimism meets Anthony's realism and transforms his life. Mail Order Mirage: Ethel Brown is bored with her life in Beckham. She works at an orphanage and goes to parties, but would never marry one of the men there. Walt Prewitt is a rancher from Montana who wants a wife, so he responds to an ad for mail-order brides. Ethel arrives and they fall in love, despite his mercurial moods. However, when he discovers her jewelry from Beckham, he worries she will leave him for someone richer. Mail Order Muse: At eighteen, Keri Bateman published her first book and believed her life would be perfect. But years later, she's struggling to get another book published and is running out of money. When an old schoolmate suggests she become a mail-order bride, Keri considers it rather than living in her overcrowded family home. Harry White, a successful rancher, also seeks a companion through mail-order marriage. As they get to know each other, Harry realizes that Keri is more preoccupied with her career than their relationship.

how to make chicken fried steak: English Teaching Forum , 2000

how to make chicken fried steak: Who Put the Devil in Deviled Eggs? Ann Treistman, 2011-07-01 Who pitted the first cherries and nestled them into pie crust? Was a meatloaf sandwich the result of a late-night refrigerator run? Does anyone really crave green bean casserole, complete with fried onions on top? In this time of hyper-awareness of locality—when every roast chicken needs a pedigree of a free-range home and antibiotic-free past—it's time to celebrate the very basics of American cooking. The joy of Velveeta and pleasures of Jell-O. In this fun collection, author Ann Treistman takes readers on a journey through a 1950s kitchen, sometimes with surprising results. For example, deviled eggs were first prepared in Ancient Rome, in a slightly different form and without the familiar moniker. The practice of removing the yolks from hard-boiled eggs, mixing it with spices and refilling the shells was fairly common by the 1600s. Why the devil? Well, it's hot in hell, and by the 18th century, it was all the rage to devil any food with a good dose of spice. Adding mustard or a signature sprinkle of hot paprika turned these eggs into devils. The perfect gift for food lovers, *Who Put the Devil in Deviled Eggs?* promises to be a wickedly good read with recipes to boot.

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how to make chicken fried steak: The Commonsense Kitchen Tom Hudgens, 2011-11-18 A compendium of over five hundred simple, hearty recipes to spark culinary imaginations, plus lessons on important skills in the kitchen and home. *The Commonsense Kitchen* is a cookbook that is at once so useful and so spirited you can imagine it becoming a kitchen staple. And it's from an unusual source—one of the toughest colleges to get into in the United States, Deep Springs is an organic farm, school, and working cattle ranch in the high desert of the Sierra Nevada. This general cookbook has more than five hundred recipes for delicious, honest staples and sassy regional specialties such as Red Chile Enchiladas and Mama Nell's Kentucky Bourbon Balls. What's more, this book features amazing food as well as lessons in life skills, from the proper way to wash dishes to how to make homemade soap. *The Commonsense Kitchen* is equally at home on the shelf of an urban foodie or a rural home cook. "Written by a former chef at, and graduate of, Deep Springs College in California, a men-only two-year college on a working ranch where students partake in hard physical labor along with academics, and learn a good deal about food, from farming to butchering to butter making, this hefty volume is refreshing in its straightforwardness. . . . The instructions are clear—with a good glossary of culinary terms—and the recipes for the most part are simple and appealing. They include the expected manly, hearty fare, such as biscuits and gravy for breakfast, chicken and dumplings, and steak fried in beef tallow. But there are many more entries along the lines of an asparagus mushroom frittata and fennel, blood orange, and toasted almond salad, which celebrate fresh flavors and seasonal ingredients." —Publishers Weekly "If any of this year's cookbooks is headed for dog-eared longevity, complete with tomato-sauce splatters and flour-dustings, it's Tom Hudgens' *The Commonsense Kitchen*. ...As appropriate for beginning cooks as it is for those with more experience, this one will stick around your kitchen for years." —Denver

Post, Best Cookbooks of 2010

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how to make chicken fried steak: Gluten-Free Girl American Classics Reinvented Shauna James Ahern, Daniel Ahern, 2015 Following the James Beard Award-winning Gluten-Free Girl Every Day, Shauna James Ahern and her husband, Daniel Ahern, have created a collection of comfort-food classics that are all unbelievably and amazingly gluten-free. Cinnamon Rolls with Cream Cheese Frosting, Chicken-Fried Steak, New England Clam Chowder -- the country's most beloved dishes, reinvented. Of course, it wouldn't be true comfort food without dessert, and Shauna aptly provides plenty of delicious recipes for sweets lovers. There's Pecan Pie, Red Velvet Cake, and even a version of those treasured Thin Mint cookies. Shauna and Daniel tested the recipes over and over again, so these dishes are as easy and foolproof as possible for at-home cooks and her thousands of devoted blog followers. --Publisher's description.

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how to make chicken fried steak: The Ultimate Air Fryer Oven Cookbook Coco Morante, 2021 An accessible book of 100 easy-to-make recipes for delicious dishes prepared in your air fryer, including roasting, frying, baking, dehydrating, and proofing bread. Authorized by Instant Brands. Air fryer ovens are wildly versatile appliances, and the newest model from Instant Brands, ranked #1 in the category, promises to be the best of them all. They have the requisite air fryer basket, as well as an oven rack, baking sheet, and rotisserie spit. The temperature settings are precise and wide-ranging, allowing you to do everything from dehydrating jerky and proofing bread dough to high-heat roasting and broiling. The Ultimate Air Fryer Oven Cookbook makes use of all of these functions and more! The recipes include family-friendly breakfasts such as baked oatmeal and breakfast burritos, snacks and appetizers such as vegetable spring rolls and Scotch eggs, and a wide variety of lunches and dinners for vegetarians and omnivores alike. Whether you have a fully equipped kitchen or a studio kitchenette, you can cook wholesome and delicious meals for any occasion, all with one countertop appliance.

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and Gardens, 2006 Completely revised and updated with a fresh new design. More than 1,400 recipes—tested and perfected in the Better Homes and Gardens Test Kitchen—including 400+ quick and easy ones. All-new 20-Minute chapter, which includes more than 45 fast meal solutions. More recipes on your favorite topics: Cookies, Desserts, Grilling and Slow Cooker. Plus, the Grilling chapter now features recipes for the turkey fryer and more recipes for the smoke cooker. At-a-glance icons identify Easy, Fast, Low-Fat, Fat-Free, Whole Grain, Vegetarian, and Favorite recipes. Simple menu ideas featured in every main-dish chapter. Updated Cooking Basics chapter includes need-to-know kitchen survival advice including food safety, make-ahead cooking, must-have timesaving kitchen gadgets and emergency substitution charts. Essential need-to-know information now conveniently located at the front of each chapter for easy reference helps ensure cooking success. More than 800 full-color photos of finished dishes, how-to demonstrations and food IDs. Hundreds of hints and tips, plus easy-to-read cooking charts. Bonus Material: Exclusive to cookbook buyers, an online menu component offers hundreds of menu ideas and more than 75 bonus recipes.

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how to make chicken fried steak: The Blue Willow Inn Bible of Southern Cooking Louis Van Dyke, Billie Van Dyke, 2023-08-22 It's Ecstasy come Dixie. — Southern Living The Most Extensive Collection of Southern Recipes Ever in One Book Voted Southern Living magazine's 1996 Reader's Choice Award for best small-town restaurant in the South and the Best in the South for six years straight, the Blue Willow Inn is the quintessential eatery for fans of traditional Southern cuisine. Now, you can recreate the Blue Willow Inn experience in your own kitchen with over 600 classic Southern recipes, including: Blue Willow Inn's Famous Fried Green Tomatoes (page 170) Chicken and Dumplings (page 90) Virginia's Vidalia Onion Dip (page 58) Kudzu Blossom Jelly (page 83) Mom's Sweet Potato Casserole (page 194) Alabama Blue Ribbon Banana Pudding (page 342) Southern Fried Chicken (page 247) Thanks to proprietor Billie Van Dyke, as well as cooks from all over the South, you can now experience the culinary wonders of the Blue Willow Inn's delectable taste in your very own kitchen. Recipes passed down from generation to generation, adapted and enhanced through the years, have been collected into the most comprehensive collection of Southern recipes ever published.

how to make chicken fried steak: The Forgotten Actresses Collection 1 ("The Forgotten Flapper," "The It Girl and Me," "Bathing Beauty") Laini Giles, 2020-01-18 The Forgotten Actresses

series combines real-life research with Hollywood Babylon flavor to create a sympathetic look at some famous Hollywood hard-luck cases. Book One: *The Forgotten Flapper* - A presence lurks in New York City's New Amsterdam Theatre when the lights go down and the audience goes home. They say she's the ghost of OLIVE THOMAS, one of the loveliest girls who ever lit up the Ziegfeld Follies and the silent screen. From her longtime home at the theater, Ollie's ghost tells her story from her early life in Pittsburgh to her tragic death at twenty-five. After winning a contest for "The Most Beautiful Girl in New York," shopgirl Ollie modeled for the most famous artists in New York, and then went on to become the toast of Broadway. When Hollywood beckoned, Ollie signed first with Triangle Pictures, and then with MYRON SELZNICK's new production company, becoming most well known for her work as a "baby vamp," the precursor to the flappers of the 1920s. After a stormy courtship, she married playboy JACK PICKFORD, MARY PICKFORD's wastrel brother. Together they developed a reputation for drinking, club-going, wrecking cars, and fighting, along with giving each other expensive make-up gifts. Ollie's mysterious death in Paris' Ritz Hotel in 1920 was one of Hollywood's first scandals, ensuring that her legend lived on. Book Two: *The It Girl and Me*- Daisy DeVoe has left her abusive husband, her father has been pinched for bootlegging, and she's embarrassed by her rural Kentucky roots. But on the plus side, she's climbing the ladder in the salon of Paramount Pictures, styling hair for actress Clara Bow. Clara is a handful. The It Girl of the Jazz Age personifies the new woman of the 1920s onscreen, smoking, drinking bootleg hooch, and bursting with sex appeal. But her conduct off the set is even more scandalous. Hoping to impose a little order on Clara's chaotic life, Paramount persuades Daisy to sign on as Clara's personal secretary. Thanks to Daisy, Clara's bank account is soon flush with cash. And thanks to Clara, Daisy can finally shake off her embarrassing past and achieve respectability for herself and her family. The trouble begins when Clara's newest fiancé, cowboy star Rex Bell, wants to take over, and he and Daisy battle for control. Torn between her loyalty to Clara and her love for her family, Daisy has to make a difficult choice when she ends up in the county jail. Here, Daisy sets the record straight, from her poverty-stricken childhood to her failed marriage; from a father in San Quentin to her rollercoaster time with Clara, leaving out none of the juicy details. Book Three: *Bathing Beauty*- During Hollywood's infancy, Marie Prevost is a beautiful Canadian who becomes famous for her silent film work with Mack Sennett's Bathing Beauties. Lured away by an offer from Universal Pictures, she makes more profitable flapper-themed movies, and when her contract ends, she moves to Warner Brothers, where her star continues to rise. Her triumph in Ernst Lubitsch's *The Marriage Circle* and her marriage to actor Kenneth Harlan mark her as one of filmdom's biggest stars of the 1920s. But in 1926, a series of tragedies combine to torpedo her career. By the 1930s, with her star fallen, Marie desperately claws her way back, fighting weight gain and alcohol in her struggle to get back on top. In *Bathing Beauty*, Marie tells the story of her rise to fame and her struggle to regain it, despite all the odds.

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