

Chicken Fried Steak with Non-Dairy Gravy

From: Jennie @ On the table tonight

4 eye of round steaks, tenderized (about 5-6 oz. each)
2 t. kosher salt
2 t. vinegar
Cold water
2/3 c. vegetable oil
1-1/2 c. flour
1 t. black pepper
2 c. plain soy milk
Salt and pepper to taste



Place kosher salt and vinegar in a large ziplock bag, then fill about ½ way with cold water. Swish around until all the salt has dissolved. Add steaks and place in fridge for 2 hours.

Remove steaks from bag and discard liquid. In a pie pan mix together the flour and 1 t. black pepper.

In a large skillet, heat oil over medium-high heat. You'll know when the oil is ready by dropping a small piece of bread in the skillet and it sizzles and starts to brown immediately. Dredge each piece of steak in the flour mixture and add to hot oil, and let cook for about 5 minutes per side. Do this in batches so that the steak has plenty of room to cook in the pan. As the steaks finish, set them aside and cover them to keep them warm.

When all the steaks have finished, remove the pan from the heat and let the grease rest so that the browned bits settle to the bottom. Remove extra grease so that about ¼ of oil remains in the pan. Return to medium heat, add 2-3 T. of the remaining flour mixture and whisk it into the pan until it's all well combined. Add soy milk and whisk until it thickens. Add salt and pepper to taste.

Serve gravy over steak.