

Country Fried (Chicken Fried) Steak and Gravy



Makes 1 serving

INGREDIENTS

Steak (in one skillet...cast iron is best)

1 cubed steak, at least 6 to 8 oz.

Ground Redmond Real Salt

Ground black pepper

Onion powder to taste (optional)

Bacon grease (approx. 3 TBSP) & 1 to 2 TBSP grass-fed butter

1 egg, beaten (in one shallow bowl)

$\frac{3}{4}$ cup finely ground pork rinds (in separate shallow bowl)

Gravy in separate skillet (cast iron if you have it)

1 TBSP (approx) bacon grease

Ground Redmond Real Salt

Ground black pepper

$\frac{1}{2}$ TBSP coconut flour

$\frac{1}{3}$ to $\frac{1}{2}$ cup unsweetened almond milk

Original Cream Cheese, approx 3 oz. (softened several hours to room temp to avoid lumps!)

INSTRUCTIONS

1. Steak: Season steak on both sides with salt, pepper, and onion powder (optional) while bacon grease & butter are heating to medium heat in skillet. (Do not overheat or butter will scorch). Dredge first on both sides in egg, then into pork rinds, making sure both sides have plenty (you can pour a bit of extra rinds on top of steak after in skillet, cast iron is best). Place

in skillet to begin frying at least five minutes on each side, until well done. If it browns too fast, turn heat down as it needs to cook to well-done.

2. Gravy: In separate skillet over LOW heat, let bacon grease warm until it covers bottom of 7" skillet. Add salt and pepper to grease first, then coconut flour and whisk around a bit to even out. When it starts to look smooth, slowly add almond milk and keep whisking. Last, add in softened (should be VERY soft by now) cream cheese and whisk to get all lumps out. Keep on SIMMER while steak continues to cook. You can add a few more drops of almond milk at the end if it needs thinned a bit to spoon over top of steak, and turn up heat just to get it nice and hot without scorching. The gravy tastes almost too rich alone, complements the steak flavor perfectly when eaten together! Spoon over steak and enjoy! It could also be spooned over cauliflower mash for a traditional "mashed potato" side if you wish.



#lowcarbkc

