

# Chicken Fried Steak Fingers

*Unit: Large Skillet or Electric Skillet*

**Tenderized steak fingers**                      **Regular or Gluten Free flour**  
**Cooking oil (we recommend avocado oil)**

Begin by cutting your steak into strips and placing them on a plate. Set aside.

Pour some flour and a bit of salt and pepper into a zip lock baggie. Then pour a bit of milk into a bowl. Set both aside.

Preheat cooktop to medium-high heat for 3-5 minutes. (400 on Electric Skillet) Next, pour a thin layer of high-heat oil into the skillet and sprinkle some flour into the skillet. If it sizzles, the unit is ready.

Roll the steak fingers in the bowl of milk, then shake them in the baggie. Repeat this a second time. Place the steak fingers into the skillet and cook them on each side for about 3-5 minutes or they are brown to your liking.

**\*Note: Reduce the heat to medium heat (300 on the electric skillet) if the oil begins to smoke.**

**\*\* Note: Do not use olive oil! It is not a good cooking oil and it will gum up on the pan surface if you get it too hot.**



**HEALTH QUEST**