

# Country Fried Steak

Meat/Meat Alternate

Main Dishes

D-21

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	8 oz	1 ¾ cups 2 Tbsp	1 lb	3 ¾ cups	1. Combine flour, salt, and pepper.
Salt		1 Tbsp		2 Tbsp	
Ground black or white pepper		1 Tbsp		2 Tbsp	
Dehydrated onions	2 ¾ oz	1 ½ cups	5 ¼ oz	2 ¾ cups	2. Combine about ½ of the seasoned flour with onions and ground beef in mixer bowl. Mix for 2 minutes on low speed.
Raw ground beef (no more than 20% fat)	9 lb		18 lb		
					3. Place 4 lb 13 oz (2 qt 1 cup) ground beef mixture into each sheet pan (18" x 26" x 1"). Pat or flatten meat with rolling pin to cover pan evenly. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					4. Sprinkle remaining seasoned flour evenly over meat, about ½ cup per pan. Pat into meat.
					5. Cut each pan 5 x 5 (25 portions per pan).
					6. Bake: Conventional oven: 375° F for 15 minutes Convection oven: 300° F for 10 minutes
					7. Transfer steaks, browned side up, into steamtable pans (12" x 20" x 2 ½"). For 50 servings, use 1 pan. For 100 servings, use 2 pans.
Margarine or butter	4 oz	½ cup	8 oz	1 cup	8. For brown gravy: Melt margarine or butter in stock pot. Blend in flour and cook on medium heat, stirring frequently until golden brown, 8-10 minutes.
Enriched all-purpose flour	5 oz	1 cup 3 Tbsp	10 oz	1 ¾ cups 2 Tbsp	
Beef stock, non-MSG, hot		2 qt ½ cup		1 gal 1 cup	9. Slowly stir in beef stock, onion powder, and pepper. Blend well and bring to boil. Reduce heat. Simmer, stirring constantly until thickened, 6-8 minutes.
Onion powder		2 tsp		1 Tbsp 1 tsp	10. Pour gravy over steaks, approximately 2 qt per pan. Cover pans.

# Country Fried Steak

Meat/Meat Alternate

Main Dishes

D-21

Ground black or white pepper	¼ tsp	½ tsp	11. Bake: Conventional oven: 375° F for 15 minutes Convection oven: 300° F for 10 minutes CCP: Heat to 155° F or higher for at least 15 seconds.
			12. Serve 1 steak with gravy or on a roll.  CCP: Hold for hot service at 135° F or higher.

SERVING:	YIELD:	VOLUME:
----------	--------	---------

1 portion provides 2 oz equivalent meat/meat alternate.

**50 Servings:** about 11 lb 1 oz

**50 Servings:** 1 steamtable pan

**100 Servings:** about 22 lb 2 oz

**100 Servings:** 2 steamtable pans

Edited 2004

Nutrients Per Serving					
<b>Calories</b>	216	<b>Saturated Fat</b>	4.94 g	<b>Iron</b>	2.11 mg
<b>Protein</b>	17.40 g	<b>Cholesterol</b>	54 mg	<b>Calcium</b>	25 mg
<b>Carbohydrate</b>	7.36 g	<b>Vitamin A</b>	85 IU	<b>Sodium</b>	239 mg
<b>Total Fat</b>	12.51 g	<b>Vitamin C</b>	1.2 mg	<b>Dietary Fiber</b>	0.4 g