



Chicken Fried Steak

6 Cube Steaks
1 cup GF Flour Blend
1 teaspoon baking powder
1/2 teaspoon black pepper
1/2 teaspoon garlic powder
Oil for skillet

Heat a little oil in an electric skillet at 375. Mix Flour, baking powder, pepper and garlic powder. Dip cube steaks in water and flour. When oil is hot place in skillet to fry. Cook 10 to 15 min then flip and cook other side until done.

Gravy
1 Cup Soy Milk
1/2 Cup Almond Milk
3/8 teaspoon Black pepper
1/2 teaspoon garlic powder
3 Tablespoons Corn Starch

Heat milk and spices in a small pan until starting to boil. Stir corn starch into a little water to make a liquid paste stir into hot milk. Keep stirring until reaches desired thickness. Serve over Chicken Fried Steak.

For my non GFCF kids I made McCormick Country Gravy Mix it is fast and easy and a lot cheaper than the home made dairy free version.

<http://www.lincolntent.com/GFCF-Beef.html>