



GLUTEN FREE COUNTRY FRIED STEAK

Ingredients

- Beef cubed steak
- 1/2 cup of apple cider vinegar
- Water
- 1/2 teaspoon of salt for soaking
- 2 teaspoons of rosemary
- 2 teaspoons of thyme
- 1/4-1/2 teaspoon of red pepper
- 2 teaspoons of paprika
- 1/2 teaspoon of ground mustard
- 2 teaspoons of salt
- 1/2 teaspoon of black pepper
- 1/2 cup of Bob's Red Mill Gluten Free All-Purpose Baking Flour
- 1/2-1 cup of high heat cooking oil

Directions

1. In a metal or glass bowl add a 1/2 cup of apple cider vinegar, 1/2 teaspoon of salt, your beef cubed steak, and enough water to cover the meat.
2. Cover the bowl with plastic wrap and allow it to soak in the fridge for 20 minutes.
3. In a separate bowl, combine the following spices: 2 teaspoons of rosemary, 2 teaspoons of thyme, 2 teaspoons of paprika, 2 teaspoons of salt, 1/4-1/2 teaspoon of red pepper, 1/2 teaspoon of ground mustard, and 1/2 teaspoon of black pepper.
4. Measure out 1/2 cup of Bob Red Mill's All-Purpose Baking Flour onto a large plate.
5. Add half of the spice rub to the flour on the plate and mix it together. Save the other half of the spice rub for the meat.
6. Take the meat out of the fridge and drain the water into the sink.
7. Pour half of the remaining spice rub on one side of the meat and rub it in.
8. Put the meat spice rub side down onto the plate of flour.
9. Pour the rest of the spice rub on the other side and rub it into the meat.
10. Flip the meat over to coat the whole steak with flour. Pat it into the meat.
11. Place the flour covered meat on a cookie sheet, cover it with plastic wrap, and put it in the fridge.
12. Preheat a 1/2 cup to 1 cup of high heat cooking oil in a cast iron skillet over medium-low heat.
13. Test to see if it is ready by dropping a small piece of floured meat into the pan. If the meat sizzles, the oil is ready to fry.
14. Cook the country fried steak for about 3 to 4 minutes on each side. The meat should be between 155 and 165 degrees Fahrenheit when done.
15. Line your serving dish with paper towels to prevent your steak from becoming soggy.