

# Yogurt Fried Steak

- oil for deep frying
- 1 pound lean steak, 1/4" to 1/2" thick
- 1 cup flour
- salt
- black pepper
- 4 eggs
- 1 cup yogurt
- 2 cups breadcrumbs
- seasonings to taste

Heat the oil to 340 degrees Fahrenheit.

Cut the steak into strips, about 3/4 of an ounce per strip (about 20 strips). Use a mallet to pound the steak thin and tenderize it.

Combine the flour, salt and pepper. Coat each piece of steak in the flour mixture (no need for water or other moisture -- the natural juices from the meat will hold the flour).

Beat the eggs and combine with the yogurt. Season the breadcrumbs as you see fit and place in a separate bowl.

One strip at a time, dip each strip in the egg-yogurt mixture, and then dredge through the breadcrumbs.

Deep-fry a few minutes until golden brown. Serve immediately.

Serves: 5 (4 pieces each, about 20 pieces total)

Preparation time: 30 minutes

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