Chicken Fried Steak with Cream Gravy

http://userealbutter.com/2011/09/26/chicken-fried-steak-cream-gravy-recipe/
from Homesick Texan

1 1/2 lbs. top round (sirloin), steak
2 cups flour
2 tsps kosher salt
1 tsp black pepper
1/4 tsp cayenne
3 large eggs
1/2 cup milk or buttermilk (buttermilk gives a better crust, based on my experiments)
oil for frying
1 1/2 cups cream gravy

cream gravy
2 tbsps pan drippings, bacon grease or vegetable oil
2 tbsps flour
1 1/2 cups milk
1 tsp black pepper
salt to taste

Make the chicken fried steak: Cut steak into four pieces and tenderize with a meat tenderizer or use the back (the unsharp part of the blade) of a chef's knife until the beef is flattened and nearly doubled in area. Mix the flour, salt, pepper, and cayenne in a wide, shallow bowl. Whisk the eggs and milk (I prefer the buttermilk option) in another wide and shallow bowl. Completely coat each piece of beef in the flour, then dip it into the egg and milk bowl, then coat it in the flour once again. Fill a cast-iron skillet or sauté pan with an inch of oil and heat over medium-high until a flick of the flour sizzles. Place the beef in the oil and let fry until blood begins to pool on the top of each piece. This takes a few minutes. Carefully turn the pieces to fry the other side for about 4-5 minutes more. Remove from the oil and place on a cooling rack to drain. Repeat until all of the steaks are cooked. Keep the rest warm in an oven until ready to serve.

Make the cream gravy: Put the fat and flour together in a hot skillet or saucepan, constantly stirring until it becomes dark. This takes a few minutes. Slowly pour the milk into the pan while whisking it into the roux to break up any lumps. Turn the heat down to medium low and keep stirring until the liquid begins to thicken. This takes a few minutes, but it will happen. Season with pepper and salt to taste. If too thick for your liking, add a little milk to thin it out. Makes 1 1/2 cups.

Serve the chicken fried steak with the cream gravy. Serves four.