

## COUNTRY STYLE STEAK

Yield 100

Portion 6-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
393 cal	14 g	39 g	19 g	137 mg	624 mg	36 mg

**Ingredient**

BEEF, SWISS STEAK, LEAN, RAW, THAWED  
 FLOUR, WHEAT, GENERAL PURPOSE  
 SALT  
 PEPPER, BLACK, GROUND  
 MILK, NONFAT, DRY  
 WATER  
 EGGS, WHOLE, FROZEN  
 BREADCRUMBS  
 SALT  
 PEPPER, BLACK, GROUND  
 OIL, CANOLA

**Weight**

37-1/2 lbs  
 2-1/4 lbs  
 3-3/4 oz  
 1/4 oz  
 3-1/4 oz  
 3-7/8 lbs  
 1-1/2 lbs  
 2-5/8 lbs  
 5/8 oz  
 1/4 oz  
 1-7/8 lbs

**Measure**

2 qts  
 1/4 cup 2-1/3 tbsp  
 1 tbsp  
 1-3/8 cup  
 1 qts 3-1/2 cup  
 2-3/4 cup  
 2 qts 3 cup  
 1 tbsp  
 1 tbsp  
 1 qts

**Issue****Method**

- 1 Dredge steaks in mixture of flour, salt, and pepper; shake off excess.
- 2 Reconstitute milk; add eggs; blend thoroughly.
- 3 Combine bread crumbs, salt, and pepper.
- 4 Dip steaks in egg and milk mixture; then in seasoned bread crumbs.
- 5 Brown steaks 1-1/2 minutes on each side on 350 F. well greased griddle.
- 6 Overlap steaks in lightly greased 18x24 roasting pans. Cover pans tightly.
- 7 Using a convection oven, bake 1-1/2 hours at 325 F. or until steaks are tender. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.