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# Chicken-Fried Steak with Soy Milk Gravy [1]

## Chicken-Fried Steak with Soy Milk Gravy

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Chicken-Fried Steak with Soy Milk Gravy

### Ingredients

1 cup Basic Breading Mix for Fried Foods  
2 cups plain soy milk, divided  
2 large eggs  
4 (4-ounce) cubed steaks  
Cooking spray  
2 tablespoons canola oil, divided  
1 tablespoon cornstarch  
1/2 teaspoon salt  
1/2 teaspoon freshly ground black pepper  
4 teaspoons chopped fresh parsley

### Preparation

- **1**
  1. Place Basic Breading Mix for Fried Foods in a shallow bowl.
- **2**
  2. Combine 1/2 cup soy milk and eggs in a separate shallow bowl, stirring with a whisk. Dredge steaks in breading mix. Dip in egg mixture
- **3**
  - dredge again in breading mix.
- **4**
  3. Coat a large skillet with cooking spray. Add 1 tablespoon oil
- **5**
  - place over medium-high heat until hot. Fry 2 steaks in hot oil 4 minutes on each side or until golden brown. Transfer steaks to a platter. Repeat procedure with remaining 1 tablespoon oil and remaining 2 steaks, reserving drippings in pan.
- **6**
  4. Combine remaining 1 1/2 cups soy milk, cornstarch, salt, and pepper in a 2-cup glass measure, stirring with a whisk until smooth. Stir milk mixture into drippings in pan.
- **7**
  5. Bring to a boil over medium-high heat
- **8**
  - cook, stirring constantly, 1 minute or until thickened. Spoon gravy over steaks. Sprinkle evenly with parsley.

Cooks Note

### Links

[1] <https://www.expatswoman.com/ewfood/recipes/chicken-fried-steak-soy-milk-gravy>

[2] <https://www.expatswoman.com/ewfood/flag/flag/madeit/6856?destination=printpdf/6856&token=708aa608b3c85a427d0370dbf123d0e3>

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