

BEEF SCHNITZEL

From Guest Blogger Jon Bennion

INGREDIENTS:

- 4 cuts of Felton Angus cube steaks (pounded thin with a rolling pin)
- 4 oz pretzels
- 2 eggs
- 1/2 cup flour
- Teaspoon of whole grain mustard
- Salt and Pepper
- Vegetable oil



DIRECTIONS:

1. Pulse your pretzels in a food processor. Take them out, sift the smaller crumbs onto a plate, and then re-pulse the larger crumbs until all you have are very small crumbs. Build your breading stations with three separate plates: a plate of the flour seasoned with salt and pepper; a plate with the two beaten eggs with the mustard, salt and pepper; and the plate of pulsed pretzel crumbs with pepper.
2. Pat the thinned meat dry with a paper towel. Season both sides with salt and pepper. Coat one piece of beef on both sides with the seasoned flour. Pat the meat a bit to get off excess flour, then put in station two, the seasoned egg mixture. Allow excess egg to drip off the meat before coating it entirely in the seasoned pretzel crumbs. Repeat for the other pieces of beef. Before the schnitzel is cooked, let the breaded meat rest for 15-20 minutes.
3. Fill a large frying pan a quarter inch high with vegetable oil or another neutral oil and bring it to medium heat. Pan fry until the first side is golden brown. Flip and repeat. Serve topped with your favorite brown gravy and with either some spaetzle or mashed potatoes.



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