

# Talking Turkey

## Create Turkey-Fried Steak For Your Family For Less Than \$10

(NAPSA)—Most people have heard of and enjoy a moist, tender chicken-fried steak. Now you can use affordable turkey to make a truly delicious Turkey-Fried Steak for a family of four for less than \$10. Small cuts of turkey become the “steak.”

### Turkey-Fried Steak

#### Ingredients:

- 1½ cups LouAna vegetable or canola oil
- 4 turkey breast cutlets
- 2 teaspoons salt, divided
- ½ teaspoon freshly ground black pepper, divided
- 2 cups all-purpose flour
- 1 cup milk
- 1 large egg

#### Gravy:

- ½ cup dry white wine
- 2 tablespoons all-purpose flour
- 1 cup whole milk
- 1 cup reduced-sodium chicken broth
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper

#### Preparation and Cooking:

Use a meat tenderizer to pound the turkey cutlets before frying.

Heat oil in a large skillet over medium-high heat. Season turkey evenly with ¾ teaspoon salt and ¼ teaspoon pepper. Combine remaining 1¼ teaspoons salt, ¼ teaspoon pepper, and flour in a shallow dish, stirring well.

Combine milk and egg in a



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separate shallow dish, stirring well with a whisk. Dredge turkey in flour mixture. Dip in egg mixture; dredge in flour again.

Add breaded turkey to pan; cook 3 minutes on each side or until turkey is done. Move turkey to a paper towel-lined plate using a slotted spoon.

Remove and discard all but 1½ tablespoons of oil and drippings in pan; return pan to medium heat. Add wine; bring to a boil, stirring well. Cook until liquid almost evaporates. Stir in flour; cook 1 minute, stirring constantly. Combine and add milk and broth. Bring mixture to a boil; cook 2 minutes or until desired consistency. Stir in the salt and pepper. Serve gravy with turkey.

Serves four people.

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