



# Chicken Fried Steak

In spite of its name, chicken fried steak doesn't contain any chicken, but is a **breaded pork or veal cutlet** coated with flour, pan-fried and served with **gravy**. It is associated with the **Southern cuisine of the United States**, home to the fried chicken, and owes its name to the way the steak is processed, which is very similar to the fried chicken itself. The outcome is strikingly close to the **Austrian Wiener Schnitzel**, the **Italian Milanese**, and the **Scottish collops**. Its development is ascribed to **German and Austrian immigrants to Texas** in the 19th century; **Lamesa**, the seat of Dawson County on the Texas South Plains, claims to be the birthplace of chicken fried steak, and hosts an annual celebration accordingly. The earliest and most direct ancestor to chicken fried steak recorded in the USA is a recipe collected in **The Virginia Housewife**, published in **1838** by **Mary Randolph**. The Oxford English Dictionary's earliest attestation of the term "chicken-fried steak" is from a restaurant advertisement from the **1914** edition of the **Colorado Springs Gazette** newspaper. Chicken fried steak is among numerous popular dishes which make up the **official state meal of Oklahoma**, added to the list in 1988.



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