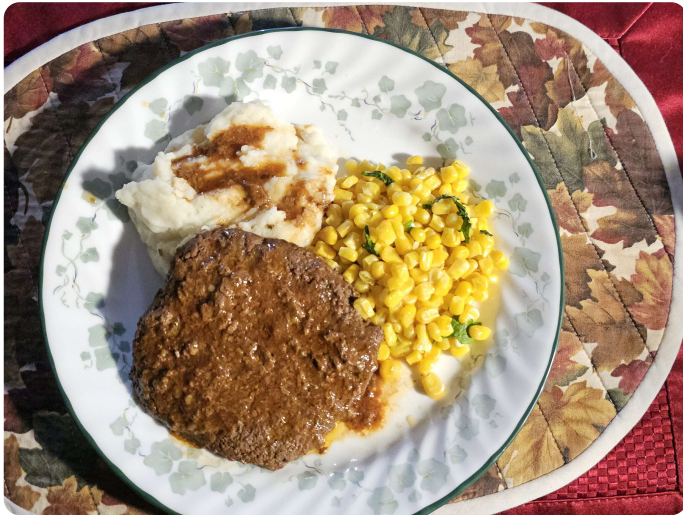


PanFried Cube Steaks with Simple Pan Sauce

Jacob · 28/09/2024



Prep Time

15 mins

Difficult

Medium

Servings

4

Description

Cube steak is a cut of meat from either the top round or the bottom round that is run through the stores mechanical tenderizer. It is usually sold in individual portions from 4ounce up to 8ounces each. Sometimes the cut is called minute steak perhaps because it takes only minutes to prepare. I used to watch my Mom prepare these for dinner and it's kind of a challenge to write down what I've always done without a recipe but here it goes. You may use garlic salt or your favorite seasoning salt to replace the regular salt and pepper.

Ingredients

- - 24 ounces cube steak
- cut into 4 portions - 3 tablespoons unsalted butter
- divided - salt and freshly ground black pepper to taste - ? cup Worcestershire sauce
- divided - ½ cup water

Instructions

1. Lightly season both sides of each cube steak with salt and pepper. (See Cook's Note). Melt 1 Tablespoon unsalted butter in a large
2. non-stick skillet over medium heat. Once butter is foamy
3. add cube steaks and sprinkle about 2 teaspoons Worcestershire sauce on top of each cube steak. Cook until brown
4. 3 to 4 minutes. Turn the steaks
5. and sprinkle each with an additional 1 to 2 teaspoons Worcestershire sauce. Cook until steaks are firm and reddish-pink and juicy in the center
6. about 3 minutes more. An instant-read thermometer inserted into the center should read 135 degrees F (57 degrees C). Remove to a platter and tent with foil. To make the pan sauce
7. pour about 1/2 cup water into the skillet and stir all the browned bits from the bottom of the pan. Bring to a boil and cook for about 2 minutes. Remove from heat and stir in remaining butter
8. until melted. Evenly divide pan sauce over each cube steak and serve warm. Cook's Note I used four 6-ounce cube steaks for this recipe. Worcestershire sauce is quite salty. Be sure to allow for that when adding salt or seasoned salt.