Breaded beefsteak

NIBBLEDISH CONTRIBUTOR

Ingredients

- 4 beefsteaks
- 1 clove of crushed garlic
- finely chopped parley
- salt and ground black pepper to taste
- 1 beaten egg and breadcrumbs to coat
- oil for pan-frying

Instructions

1. Pound the steaks with a meat pounder.
2. Put the steaks in a bowl.
3. Season the steaks with garlic, parsley, salt and black ground pepper to taste.
4. Cover the bowl with a plastic film.
5. Put the bowl in the fridge for 1 hour or longer.
6. Deep the steaks in the egg and then coat them in the breadcrumbs.
7. Pan-fry the steaks in hot oil until golden brown.
8. Put the steaks on a paper towel.
9. Serve the steaks immediately.

Remarks:

- A meat pounder will help tenderize the meat.
- Choose any kind of tender meat (veal, minute steak, etc.) that you like.
- You can replace beefsteaks with chicken breast fillets, fish fillets, minute steaks, etc