

## **Chicken Fried Steak**

Rinse off 25 Lb. of cube steak.

Dredge each in flour, salt, pepper, garlic powder

Brown each in vegetable oil.

Place them neatly in about 3 trays.

Add gravy mixture and cover.

Bake at 400 degrees for about 4 hours.

# COUNTRY STEAK

**jackfran1963@gmail.com**

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**From:** Keith Morgan <j.keith.morgan@gmail.com>  
**Sent:** Sunday, August 26, 2018 9:11 PM  
**To:** Jack Rose; Calvin Rogers  
**Subject:** Re: Meal for Valley of Raleigh for September

Calvin - would you like me to do the shopping this time since you're tied up with your mom's medical issues? I have cards for both Costco and Sam's Club, can do the shopping if you want me to. We should probably put in the order for the meat at the Harris Teeter in Cameron Village later this week so they can have it ready for us on time. I will call them tomorrow to find out how much the beef costs per pound.

Shopping list for Bok Choy, about 30 servings  
8 tablespoons butter (1 stick)  
4 heads bok choy  
4 shallot  
4 teaspoon lemon-pepper seasoning  
48 radishes

On Sun, Aug 26, 2018 at 5:51 PM <[jackfran1963@gmail.com](mailto:jackfran1963@gmail.com)> wrote:

Calvin and Keith,

Yes I intend to cook for the next meeting. Please purchase the following;

25 Lb. of cube steaks (This was the quantity last time and

Harris Teeter at Camron Village did a good job)

Flour for dredging the steaks

Garlic powder

Salt and pepper

Vegetable oil to brown 25 lb. of meat

5 Large cans of Cream of Mushroom Soup

5 cartons of Beef Broth

(Make sure we have Worcestershire and A1 sauce)

Boxes of instant mashed Potatoes for 40 + people

Butter for potatoes

2 quarts of whole milk

Keith will need to give you the info on the Wilted Bok Choy and Radish Salad.

I did not see rolls on the menu. Did we miss it or deliberately leave it off?

Please check our supply of tea and sweetener.

I will come in early to open packages, rinse and brown the meat,  
make gravy, and get the steaks in the oven. They cook for 3 to 4 hours.

Jack

**From:** Keith Morgan <[j.keith.morgan@gmail.com](mailto:j.keith.morgan@gmail.com)>  
**Sent:** Sunday, August 26, 2018 12:50 PM  
**To:** Jack Rose <[jackfran1963@gmail.com](mailto:jackfran1963@gmail.com)>  
**Cc:** Calvin Rogers <[calvinrogers1959@gmail.com](mailto:calvinrogers1959@gmail.com)>  
**Subject:** Meal for Valley of Raleigh for September

Jack,

Here's what we put on the menu for September:

## September

Country Style Steak

Mashed Potatoes

Wilted Bok Choy & Radish Salad

Ice Cream

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