

# Mom's Old Fashion Finger Steaks

What you will need:

- \* 1.5 to 2 lbs lean steak (top sirloin, flank, stew meat, skirt) (also delicious with deer or elk meat)
- \* 1/2 cup soy sauce (we use San J - because of the fermentation process used.)
- \* 4 garlic cloves
- \* 2 tsp. ginger powder
- \* 1 egg
- \* Crackers - (I prefer soda crackers, but you can use any crispy cracker, or gluten free type)
- \* Flour - gluten free blend, wheat, or spelt, etc
- \* Sea salt

To prepare:

1. Whisk together egg, soy sauce, garlic and ginger in a bowl.
2. Slice meat against the grain in 1/2 inch wide strips.
3. Place meat in egg mixture and stir until coated. Place in fridge for 2 to 4 hours.
4. Crush crackers with a rolling pin, or in a blender/ food processor. (not too fine) Next, place them in a shallow bowl or pie plate.
5. Place 2 cups of flour in a second shallow dish and lightly season with sea salt and pepper. ( add powdered garlic, if desired)
6. Dip steak strips in crackers to coat, then flour to coat.
7. Fry until golden in about 1/2 inch of coconut oil. (Turn with tongs half way through)

Serve plain, or with barbecue sauce. Enjoy.

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