



Eagle Catcher Grassfed Beef Cutlet

2	Eggs (well beaten)
1 C.	Pecan Flour (or finely chopped pecans)
½ C.	Onion (chopped)
½	C. Red Bell Pepper (chopped)
4 oz	Small Portabella Mushroom (washed & quartered)
1½	2 C. Skim Milk

All purpose flour, lemon pepper, Extra-Virgin Olive Oil.

The cutlet is a very versatile cut of beef. For a quick meal, you can salt and pepper it, sauté it in a cast iron skillet, a couple of minutes on each side while you prepare some couscous on the stove top in about 5 to 10 minutes. You can enjoy a healthy meal- add a cut tomato and some low-fat mayonnaise for vitamin C & bioflavonoids.

The cutlet is my favorite for making my favorite, chicken fried steak.

One variation for the CFS we've recently enjoyed is as follows:

We package our cutlets in two piece or four piece packages. Each piece (after thawing) can be cut in half so you have four or eight decent sized servings.

Take each piece of meat and rinse briefly with cold water, then season both sides with lemon pepper.

In a preparation dish or pan, dredge the pieces of meat in the eggs, coating both sides well. Then dredge the meat through the flour, coating both sides.

In a cast iron frying pan with extra virgin olive oil (1/4" to 1/2") with medium heat, sauté the onions, mushrooms and bell pepper. When well started (1-2 minutes) add the meat and cook about 2 ½ minutes on each side. (Flour should be well browned) Remove meat to a warm serving dish, set aside the onion mushroom bell pepper mix to be returned momentarily and reduce heat. Add one heaping Tablespoon full of flour and ¼ Tsp. lemon pepper and mix thoroughly with spatula while increasing the heat. When almost dry, add skim milk and bring to boil, stirring and scrapping the bottom constantly and return the vegetable mix. When the gravy reaches the right consistency (pretty thick) transfer to cover the spread out meat in the serving dish. When the meat is covered,

evenly distribute the chopped or powdered pecan flour mix. Serve with freshly prepared corn-on-the-cob (non-GMO) with extra virgin olive oil and lemon pepper dressing/seasoning.
Add: If you don't want the flour or gravy or vegetables in this recipe, use the pecan flour to coat the cutlets before frying in the olive oil. Serves 4-8 (depending on #/cutlets to package)