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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Buffalo Steak - Try Something New

By George Royal

When looking for something altogether new and unusual to put on the grill, buffalo steak has a familiar flavor that is just unusual enough to make itself memorable. Very similar to beef it has a comforting familiarity. However, it also has a certain something that people notice and will look forward to having again. Which explains why buffalo steak is becoming a popular alternative to beef.

Buffalo steak is usually described as having a sweeter flavor than beef, giving it an enjoyably distinctive taste. It is flavorful without being gamey, it is tender without being greasy, and it can be prepared just like steak. In fact, because buffalos and cows have essentially the same muscle groups, the cuts of meat are the same as you would find with beef. So, when you select a buffalo steak, you will know exactly what to expect from your meal.

However, the flavor is not the only reason to try buffalo steak. In fact, one of the best reasons to try buffalo steak is the fact that it is actually very good for you. Because buffalo is much lower in fat than beef or pork, buffalo steak is much easier on your body than other forms of red meat. Buffalo is remarkably lean for red meat, allowing people to feel much better about their selection of meat. So even the healthy crowd can feel good about choosing buffalo.

In fact, buffalo is so lean that you have to be careful with it when you cook it. Because fat is an insulator, it makes beef cook slowly. But, since buffalo is a very lean animal, the meat is very low in fat and, therefore, much healthier. Which also means that you need to be careful cooking a buffalo steak, since it will cook much faster than beef. So you should always be careful with buffalo on the grill or in the oven.

While the low fat and low cholesterol of buffalo steak is attractive, modern concerns about meat make buffalo even more attractive. Because buffalo graze on the free range, they are not as susceptible to mad cow disease as, let's say, cows. This is because buffalo are allowed to go out onto the prairies and eat grass like normal herbivores, rather than eat cow renderings, such as regular cattle. And buffalo do not defecate in the streams and ponds where they drink, making them that much more sanitary. And, even more, they don't require the steroids and antibiotics that cattle require, since buffalo tend to grow much larger than cows and are much more resistant to disease. Thus, buffalo are

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permitted to grow on their own and don't require as many chemicals to stay healthy. Which means that buffalo steak is not as filled with chemicals as beef, making it a meat that is almost untainted by modern science.

Admittedly, buffalo steak is not the least expensive meat available. But, when you consider the fact that buffalo is a very healthy, very tasty alternative to beef, it is clearly an alternative worth exploring. So, if you are in the mood to stretch out and try something new, exciting, and well worth the effort, give a buffalo steak a try and see what a difference it can make.

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Everything about steaks from cooking steaks, ordering them by mail, preparing steaks and much more including favorite recipes.

Chicken Fried Steak

By George Royal

For those who happen to enjoy an unusual cross of flavors and styles, chicken fried steak is something to be experienced. A cross between the classic taste of steak and the simple joys of fried chicken, this increasingly popular method of cooking steak is a wonderfully memorable mix of different flavors. Casual, yet dignified, it is a meal that distinguishes itself with its flexibility and accessible nature. Which makes chicken fried steak the type of meal that can fit a variety of occasions.

Cooking chicken fried steak is not too difficult to make. All it requires is a steak, breadcrumbs, oil and a skillet or deep fryer. Simply cover the steak in breadcrumbs, heat the oil in the skillet or deep fryer, and cook the steak until it is done. If it is being made in a skillet, it needs to be flipped every couple of minutes but, otherwise, there is little that needs to be done until the steak is done cooking.

It is very rare for chicken fried steak to be made from a top quality cut of beef. After all, the steak is not being expected to stand entirely on its own, so it is not vital that it be perfect. Additionally, the frying of the steak has a tenderizing effect on the meat, which also permits a slightly lower quality cut of meat to be used. Obviously, there is a limit, but chicken fried steak is more forgiving than steak on the grill.

The part that really makes the difference in chicken fried steak is the mix of spices that are added to the breadcrumbs. These spices are the savor that truly makes the difference in the taste of the steak and makes it distinctive on the palate. By blending just the right combination of flavors, chicken fried steak can come into its own and really shine. But to get the best blend of spices, the best thing anybody can do is experiment. After all, there is only one person who will always be there to judge the results, and that is the person who cooks it. So any cook who wants to master chicken fried steak would be well-served to try a few new things, take a few notes, and figure out just how to make it just right.

No matter how you make chicken fried steak, it is almost always a welcome addition to the menu.

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Whether for dinner after work, a Sunday brunch, a picnic, or a get-together with friends, chicken fried steak can be a fun addition to the menu. Unusual, yet familiar, it is a meal that is easy to enjoy and always welcome.

Though it has only recently joined the mainstream, chicken fried steak is an increasingly popular meal both at home and when going out to eat. A distinctive blend of different flavors, it is a meal that is starting to receive its proper due as a dish that is well worth the effort. So give chicken fried steak a try and see why it is becoming the new recipe of choice for people who love steak.

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