

Veal

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- 3 3/4 pounds veal scallops, cut 3/8 inch thick
- 1/4 teaspoon freshly ground black pepper
- 1/2 teaspoon salt
- 3/4 cup flour
- 10 tablespoons butter
- 7 tablespoons olive oil
- 2 cups beef stock
- 2 1/2 tablespoons lemon juice
- 2 lemons

- Sprinkle the veal scallops with salt and pepper, then dip them in flour and shake off the excess.
- In a large electric skillet, melt 5 tablespoons of butter with the olive oil over moderate heat.
- when the foam subsides, add the veal, 4-5 scallops at time, and sauté them for about 2 minutes on each side, or until they are golden brown.
- With tongs transfer the scallops to a plate.
- Now pour off almost all the fat from the skillet, leaving a thin film on the bottom.
- Add 1 and 1/2 cups of the beef stock and boil briskly for 1 or 2 minutes, stirring constantly and scraping up any browned bits clinging to the bottom and sides of the pan.
- Return the veal to the skillet and arrange the lemon slices on top.
- cover the skillet and simmer over low heat for 10-15 minutes, or until the veal is tender when pierced with the tip of a sharp knife.

- This much can be done early and then reheated.

TO SERVE:

- Transfer the veal scallops to plates along with a lemon slice or two (or platter).
- Add the remaining 1/2 cup beef stock to the juices in the skillet and boil briefly until the stock becomes rather syrupy.
- Add the lemon juice and cook stirring for 1 minute.
- Turn off the heat and swirl in 5 tablespoons of soft butter and proportion the sauce over the scallops on the plates.

Recipe from AAUW Supper Club Northern Italian Dinner, January 1975

SALTIMBOCCA

Serves 10

10 veal slices 1/4 cup flour
10 slices prosciutto
2 eggs, lightly beaten
1/4 pound Swiss cheese
2 tablespoons Parmesan cheese
1/4 cup fine dry bread crumbs
4 tablespoons butter
1/4 teaspoon garlic salt
1 cup dry sherry
1/4 teaspoon dried tarragon, crumbled
4 tablespoons
1 cup chicken broth
1 tablespoon cornstarch
1 tablespoon water

- Place a slice of prosciutto and a thick slice of cheese on the underside of each slice of veal and roll up lengthwise. Skewer with a toothpick.
- Dip veal rolls in flour to coat, shake off excess, then dip in beaten egg, drain briefly.
- Roll in crumbs mixed with the Parmesan cheese, garlic salt and tarragon.
- Brown veal rolls in butter in a large frying pan, turning to brown all sides.
- Transfer to a baking dish and pour in chicken broth and sherry.

- The dish can be prepared ahead to this point and refrigerated until ready to bake.
- Bake uncovered in a 350° F. oven for 35 minutes (45 minutes, if refrigerated).
- Lift veal out into a serving platter and keep warm.
- Drain juices into a small saucepan and blend in the paste of cornstarch and water, stirring until thickened.
- Spoon sauce over the veal rolls.
- Serve rest of sauce at the table.

Recipe from AAUW Supper Club Italian Dinner, November 1978