CUCINA ITALIANA COOKING SCHOOL



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SCALOPPINE WITH HERBS

Ingredients

- Your choice of veal or chicken (for chicken use 4 breasts of skinless chicken cut as thin as veal scaloppine)
- · Plain flour for dusting, seasoned with salt & pepper
- 80g unsalted butter
- 2 tbsp extra virgin olive oil
- 1 small garlic clove
- 1 red chilli pepper, seeded and chopped finely
- Chopped herbs of your choice: basil, sage, thyme, rosemary, mint, dill...
- · Rind and juice of 1 lemon
- 1 cup of chicken or vegetable stock
- 1 cup of dry white wine
- Salt and pepper, sugar to control acidity

Instructions

- Beat the veal or chicken with a malate
- Dust chicken or veal with seasoned flour eliminating any excess.
- Place half the butter in a pan with 1 tablespoon of extra virgin olive oil.
- Seal the chicken or veal. Never forget that veal cooking time is much shorter.
- Salt and pepper the meat once it has been sealed but do not forget your flour was already seasoned with salt and pepper!!!
- Place the chicken or veal on a plate.
- Remove excess fat if any, and in the same pan add the rest of the butter and 1 spoon of extra virgin olive oil.
- Add the garlic and chilli and let it cook until translucent. Add the wine and let it evaporate.
- Add the herbs, the lemon and rind, and the stock and let reduce for 3 minutes.
- Add the chicken. Let it cook for another 2 minutes.
- If using veal, the cooking time is very small.
- Serve with potatoes, green beans or any vegetables of your choice.

Notes:

All rights reserved. No part of this work may be reproduced or utilised in any form or by any means, electronic or mechanical, including photocopying, recording or by any information storage and retrieval system, without the prior written permission of the writer. No translations in any language. Most of the recipes are the heritage of the Sampogna Family. Others are from Sorelle Simili, Marcella Hazan, Pierino Jovene, and other schools in Italy.