

# 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 mallet
- 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:**

[illegible]