

## **Veal Saltimbocca**

By: Eric Guido

This recipe is all about the preparation. The ingredients are simple but require everything to be at the peak of freshness. The sage should be a deep, rich color and the odor should be intense. The prosciutto should be sliced the same day you plan to cook it and I would advise looking for an imported prosciutto (look for Prosciutto di Parma). I have found domestic prosciutto to be tougher and saltier which would overcome the delicate flavors of the veal.

Serves 4

4 veal cutlets (Ask your butcher to make sure they are all cut to equal size. I like to have them about ¼ pound each)

5 slices of Prosciutto di Parma (The extra slice is for you to eat while you cook.)

6 - 8 fresh sage leaves

¼ cup minced parsley

½ cup of flour

Salt

Pepper

### **Sauce**

½ cup of white wine

1 cup veal stock (or beef stock)

2 Tbls butter (cubed and at room temperature)

Salt

Pepper

1. Lay your veal out and place one or two sage leaves on top of each slice of veal. Use your judgment with the sage; it is not meant to cover the veal, it is just a seasoning. Lay a slice of prosciutto over the veal and sage of each cutlet.
2. Take a sheet of plastic wrap and lay it across the veal cutlets. (Tip: if you have a canola or olive oil spray, lightly spray the side of the plastic wrap that will be touching the veal.)
3. With a flat meat tenderizer, gently tenderize the veal cutlets so that they are flattened out and notice that the prosciutto will flatten with them. This process not only helps to cook them evenly but also makes the prosciutto adhere to the veal. Remove the plastic wrap gently and make sure that the prosciutto does not peel away as you remove the plastic.
4. Place the ½ cup of flour onto a plate and spread it out. Now take a veal cutlet and lay it on the flour, prosciutto side down. Season the underside of the cutlet, very lightly with salt and pepper. Now turn it over and make sure to coat the entire cutlet with an even coat of flour but remove any excess. Repeat this step with all the cutlets and set them aside.
5. Prepare your pan. (I like to use a heavy-gauge roasting pan because it allows the meat to have room to cook and helps to reduce your pan sauces quickly.) Turn

the heat to medium-high and add enough canola oil to just barely cover the surface of the pan. (You can use light olive oil, but don't use extra virgin because it will burn). Also preheat your oven to 250 degrees (this is only to keep the meat warm while you make the sauce) and place the 1 cup of veal stock into a small pot and begin to warm it.

6. Once the oil in the pan begins to shimmer lay your veal slices, prosciutto side down, into the pan. Allow them to cook for anywhere between 3 - 4 minutes and then flip them.
7. When they have cooked for another 3 - 4 minutes, remove them from the pan and place them into the oven.
8. Pour off any excess oil from your pan and return it to the burners. Add the white wine and, as it reduces, scrape off any cooked on bits from the bottom of the pan.
9. When the alcohol has cooked off, add the warmed veal stock and allow the sauce to reduce by half. Turn off the heat and taste. Now season with salt and pepper to taste and add your cubed butter. Stir until combined. You can strain the sauce if you like or serve it as is.
10. Place the veal on a warmed plate and spoon the sauce over each cutlet. Sprinkle with the minced parsley and serve.