

I08 Breaded Veal Cutlets, Milanese (Cotolette alla milanese) Sept '07 I08
(Adapted from The Classic Italian Cookbook, Marcella Hazan, Knopf, 1982)
(This is succulent eating, not dry as paper like restaurant scallopine.)

1-1/2 lbs. veal shoulder (blade cut)

Have this sliced by butcher on saw 1/2 in. thick, then pound 1/4in. flat,
do not trim fat.

Beat 2 eggs in bowl

Place 2c unflavored bread crumbs on plate.

Dip veal in egg, drip dry, roll in bread crumbs, patting to adhere as
much crumbs as possible, stack until all veal breaded.

Gently preheat 3T olive oil and 3T butter in 3-quart sauce pan.

Raise heat to medium high, place veal, turn when browned one side, remove
to plate with paper towels to absorb oil. Do not cook dry, pink color
is best flavor.

Serve with Red Sauce (salsa rossa, see recipe) and any fresh Tuscan red
wine (Abruzzese, Sangiovese, etc).

Note: Italian custom is for pasta course to be served before the veal,
but it's OK by me to prepare several cups of potato gnocchi with Red
Sauce and veal for one course (Anglo style).

VARIATION. A real fancy version of this is available only in very high end
Italian eateries-- Veal Chop Milanese.

Preparation is similar but you need to have your butcher find you Rib veal
chops (from the chuck end, so there's a lot of "cap" or juicy well marbled
portion attached) and slice just 1/2 inch thick or as thin as he is willing to
do. Carefully detach portions of the meat from the bone (Careful! Just
partially detached to facilitate the next step.) Hammer meat 1/4 inch thick
taking care not to detach from the bone too much.

Prepare, cook and serve same as Cotolette alla milanese. Eating off the bone
was never better!