

Breaded Veal Cutlets

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Ingredients

- 1 ½ lbs veal cutlets
- 5 eggs whisked
- ¼ cup Italian flat leaf parsley minced
- ½ cup grated cheese (I like to use a combination of Pecorino Romano and Parmigiano Reggiana)
- 5 cloves garlic minced fine
- Sea salt and freshly ground black pepper
- 1 ½ lbs veal cutlets from the veal leg
- 3 cups plain Italian breadcrumbs (I use Progresso or I can get them from the Italian store)
- Good quality olive oil and vegetable oil
- Fresh lemon wedges and arugula tossed with oil and vinegar, for serving

Preparation

1. In a large mixing bowl, whisk the 5 eggs. To the bowl, add the parsley, grated cheese, minced garlic, and a little sea salt and black pepper, to taste.
2. To tenderize the veal, place one piece at a time between two pieces of plastic wrap. Using a meat mallet, pound out each piece to a uniform thickness of about ¼ inch.
3. Place each piece that you finish tenderizing directly into the egg mixture.
4. Once all of the meat has been tenderized, cover the bowl with plastic wrap, place it in the refrigerator and allow it to sit for an hour, or up to a day.

5. To prepare the veal for frying, use a cast iron skillet or some type of heavy bottomed pan on the stove, set to medium heat.
6. Using half olive oil and half vegetable oil, cover the bottom of the pan with about an $\frac{1}{8}$ inch of oil and allow it to heat up.
7. In a pie dish or small baking sheet, put at least 3 cups of breadcrumbs. Season with sea salt and freshly ground black pepper, to taste
8. You will know when the oil is hot enough to start cooking the veal when you sprinkle a little of the breadcrumbs into the pan and they start to bubble and sizzle.
9. One piece at a time, place each piece of veal into the breadcrumbs, making sure to pack the breadcrumbs into the meat without shaking off the excess. The more breadcrumbs, the crispier the final product.
10. Gently place each piece into the hot oil. Do not overcrowd the pan. Fry each side for 3-4 minutes until deep golden brown. Watch the temperature of the oil during the frying process, decreasing it a little as the excess breadcrumbs fall to the bottom of the pan. Watch for burning.
11. Continue with each piece until all the veal has been fried. Place each cooked piece on a paper towel lined baking sheet to absorb any excess oil.
12. To serve, arrange the pieces on a platter with fresh lemon wedges and arugula that has been tossed with oil and vinegar.

Tips

At the end of the frying, I take the skillet off the heat and put used paper towels into it. This will absorb the excess oil. I then wipe out the pan and dispose of the paper towels into an old ziplock plastic bag. It's not a good idea to put the used oil down the kitchen sink drain.