
Braised Veal scallops with Prosciutto and Cheese Stuffing

The Genuine, Good, Old-Fashioned, Everyday Gourmet Cookbook - Dominion Douglas Church - Montreal, CAN

16 thin veal scallops (approx. four inches square)
8 (3-1/2 inch squares) thinly sliced Fontina or Gruyere cheese
8 (3-inch square slices) Prosciutto (Italian ham)
salt
freshly ground black pepper
2 tablespoons butter
3 tablespoons olive oil
1/2 cup dry white wine
3/4 cup chicken or beef stock

Place a square of cheese and a square of ham on top of a veal scallop. Cover with a second veal scallop. The veal should cover the cheese and ham completely. Seal all around by pounding the edges together. Season with salt and pepper, dip in the flour and shake off the excess.

In a large skillet, melt the butter with the oil. When the foam subsides, add the prepared scallops and cook gently in hot fat until golden brown on both sides. Transfer to a platter.

Discard most of the fat leaving only a thin film. Add the wine and boil down briskly while stirring continuously, to about 1/4 cup. Add 1/2 cup of broth and bring to a simmer. Return the veal to the skillet and simmer for 20 minutes over low heat, turning once.

Transfer to a heated platter and add the remaining 1/4 cup of broth to the skillet. Boil briskly for a few minutes. Season. Pour the sauce over the veal scallops and serve.

Yield: 6 to 8 servings

Beef

Per Serving (excluding unknown items): 642 Calories; 63g Fat (99.1% calories from fat); trace Protein; 1g Carbohydrate; 0g Dietary Fiber; 62mg Cholesterol; 240mg Sodium. Exchanges: 12 1/2 Fat.