

Seafood

Matteo's Veal Shiitake

Chef Matteo Vicinanza - Chef/Owner, Matteo's Garden Club, Palm Beach, FL
Palm Beach Post

Servings: 2

8 ounces veal scaloppine
1/2 small shallot, minced
1 tablespoon butter
1 cup shiitake mushroom caps, cleaned
1 splash marsala wine
touch veal demi-glace (available at specialty markets)
1/2 cup flour (to dust veal)
2 tablespoons vegetable oil
salt and pepper (to taste)

Dredge the veal in the flour for light dusting. Add salt and pepper to taste.

Sear the veal on both sides in hot vegetable oil. Drain the oil and set the veal aside.

Add the butter, shallots and mushrooms to the same pan. Saute' until the mushrooms and shallots are soft.

Add the marsala and demi-glace to the pan. Return the veal to the pan and reduce the sauce.

Plate the veal with the mushrooms on top.

Per Serving (excluding unknown items): 183 Calories; 19g Fat (98.5% calories from fat); trace Protein; 1g Carbohydrate; 0g Dietary Fiber; 16mg Cholesterol; 60mg Sodium. Exchanges: 0 Vegetable; 4 Fat.