

Parmesan Veal in Wine

"Lasting Impressions" - St Joseph's Hospital of Atlanta Auxiliary (1988)

Servings: 6

*1 1/2 pounds veal slices -
1/4 inch thick
1/2 cup flour
1/2 teaspoon salt
1/8 teaspoon pepper
1/4 cup grated Parmesan
cheese
4 tablespoons margarine
2 cubes beef bouillon
1/2 cup sherry or white wine*

Preheat the oven to 325 degrees.

Pound the veal steaks until they are 1/4 inch thick, if necessary. In a bowl, combine the flour, salt and pepper. Dredge the veal in the seasoned flour and sprinkle both sides with the cheese.

In a skillet, melt the margarine and cook the veal slices until golden brown. Transfer the veal to a shallow baking pan.

Add 3/4 cup of cold water and the beef bouillon to the skillet. Scrape the browned bits off the bottom of the skillet. Add the sherry to the sauce and blend. Pour the sauce over the veal slices.

Bake for 30 minutes.

This can be prepared early in the day and refrigerated. Bake just before serving.)

Per Serving (excluding unknown items): 127 Calories; 9g Fat (calories from fat); 3g Protein; Carbohydrate; trace Dietary Fiber; 3mg Cholesterol; 783mg Sodium Exchanges: 1/2 Grain(Starch) Lean Meat; 1 1/2 Fat.