
Scallopine Burgers

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

Servings: 6

1 1/2 pounds ground veal
1/2 cup soft bread crumbs
1 beaten egg
2 tablespoons milk
3/4 teaspoon salt
1/4 teaspoon pepper
1/4 cup salad oil
1 can (8 ounce) tomato sauce
1 can (3 ounce) (2/3 cup) chopped mushrooms, undrained
1/4 cup white wine or dry vermouth
1 tablespoon finely chopped parsley
1/2 teaspoon dried oregano

In a bowl, combine the veal, crumbs, egg, milk, salt and pepper. Mix well. Shape into six patties.

Cover lightly with flour. In a skillet, brown the patties in hot cooking oil. Then drain the fat.

In a bowl, combine the tomato sauce, mushrooms, wine, parsley and oregano. Pour over the meat. Cover and simmer for 20 to 25 minutes.

Serve on hot cooked noodles. Sprinkle with grated Parmesan cheese.

Beef

Per Serving (excluding unknown items): 285 Calories; 18g Fat (57.4% calories from fat); 24g Protein; 6g Carbohydrate; 1g Dietary Fiber; 129mg Cholesterol; 641mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 2 Fat.