
Veal Scallopini III

Lorraine Paladino

St Therese de Lisieux Commemorative Cookbook - Wellington, FL - 2010

1 pound veal, thinly sliced
1 egg, beaten
1 clove garlic, `minc
flour
2 tablespoons butter
1 tablespoon olive oil
1/4 to 1/2 cup Marsala wine
1/2 lemon juiced (or more to taste)
sliced lemons (for garnish)
minced fresh parsley (for garnish)

Cut the veal into small pieces.

In a bowl, mix the raw egg and garlic. Place the flour into a second, shallow bowl. Dip the veal pieces into the egg mixture and then the flour.

Fry the pieces in butter with oil until cooked. Add the wine and lemon juice to the pan. Simmer approximately 5 minutes.

Place the veal on a serving platter. Add the sauce, lemon slices and parsley on top.

Beef

Per Serving (excluding unknown items): 1060 Calories; 72g Fat (62.9% calories from fat); 95g Protein; 1g Carbohydrate; trace Dietary Fiber; 646mg Cholesterol; 677mg Sodium. Exchanges: 13 Lean Meat; 0 Vegetable; 7 1/2 Fat.