

# Veal scallopine with White Wine Sauce

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

## **Servings: 6**

*1 1/2 pounds veal scallops*

*salt*

*freshly ground pepper*

*flour*

*2 tablespoons butter*

*3 tablespoons olive oil*

*1/2 cup white wine (Chablis)*

*or sherry*

*1/2 cup chicken or beef*

*broth*

*minced Parsley (for garnish)*

Pound the scallops until 1/4 inch thick (use a meat mallet or heavy flat utensil). Season the scallops with salt and pepper.. Dip in flour and shake off the excess.

In a heavy twelve-inch skillet over moderate heat, melt the butter and olive oil. Add the scallops three or four at a time and brown for about 3 minutes on each side. Transfer to a hot platter to keep warm. Pour the fat from the skillet.

Add the wine and broth. Boil for 1 to 2 minutes, scraping off any browned bits clinging to the bottom and sides of the skillet. Return the veal to the skillet. Cover and simmer for 10 to 15 minutes, basting the scallops occasionally with pan juices.

Transfer the scallops to a heated platter and pour the wine sauce over the top. Sprinkle with parsley.

Per Serving (excluding unkncl items): 94 Calories; 11g Fat (calories from fat); trace Prote trace Carbohydrate; 0g Dieta Fiber; 10mg Cholesterol; 39n Sodium. Exchanges: 2 Fat.