

Breaded Veal Cutlets

Nancy Field

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

Servings: 4

1 pound veal steak, 1/2 inch thick

1 egg

2 tablespoons milk

1/2 cup bread crumbs

1 teaspoon salt

1 tablespoon paprika

1/4 cup oil

Preheat an electric skillet to 350 degrees.

Cut the veal into four pieces (omit the bone).

In a bowl, beat the egg and milk together.

In a second bowl, combine the bread crumbs, salt and paprika.

Place oil in the skillet. Dip the veal into the egg mixture and then the bread crumbs to coat thoroughly. Place in the skillet and cook until well browned and tender, about 15 minutes on each side (for less crispness, cook covered).

(To make Veal Parmesan, add a sixteen ounce can of tomato sauce and one-half pound of mozzarella cheese slices. Simmer an extra 15 minutes and serve with pasta.)

Per Serving (excluding unknown items): 320 Calories; 21g Fat (59.3% calories from fat); 21g Protein; 11g Carbohydrate; 1g Dietary Fiber; 128mg Cholesterol; 746mg Sodium. Exchanges: 1/2 Grain(Starch); 2 1/2 Lean Meat; 0 Non-Fat Milk; 3 Fat.