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# **Veal Piccata**

*Rose Graham*

*Nettles Island Cooking in Paradise - 2014*

**1/2 cup all-purpose flour**  
**2 teaspoons salt**  
**1/2 teaspoon freshly ground black pepper**  
**4 (about 3/4 pound) veal scallops, pounded to a thickness of 1/8 inch**  
**1 1/2 tablespoons vegetable oil**  
**5 tablespoons butter**  
**1 cup dry white wine**  
**1/2 cup chicken stock**  
**1 clove garlic, chopped**  
**2 tablespoons (or more to taste) juice of one lemon**  
**2 tablespoons capers, drained**  
**1 tablespoon chopped parsley leaves (optional)**  
**parsley sprigs (for garnish), thickened, about 1 minute.**

In a shallow bowl or plate, combine the flour and 1-1/2 teaspoons of the salt and pepper. Stir to combine thoroughly. Quickly dredge the veal scallops in the seasoned flour mixture, shaking to remove any excess flour.

Heat the oil in a large skillet over medium-high heat until very hot, but not smoking. Add 1-1/2 tablespoons of the butter and, working quickly and in batches if necessary, cook the veal until golden brown on both sides, about 1 minute per side. Transfer to a plate and set aside.

Deglaze the pan with wine and bring to a boil, scraping to remove any browned bits from the bottom of the pan. When the wine has reduced by half, add the chicken stock, chopped garlic, lemon juice and capers. Cook for 5 minutes or until the sauce has thickened slightly.

Whisk in the remaining 1/2 teaspoon of salt, remaining 3-1/2 tablespoons of butter and the chopped parsley. When the butter has melted, return the veal scallops to the pan. Cook until heated through and the sauce has thickened, about 1 minute. Garnish with parsley sprigs.

Serve immediately.

## **Beef**

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*Per Serving (excluding unknown items): 1097 Calories; 79g Fat (74.8% calories from fat); 8g Protein; 52g Carbohydrate; 2g Dietary Fiber; 155mg Cholesterol; 6091mg Sodium. Exchanges: 3 Grain(Starch); 0 Vegetable; 15 1/2 Fat; 0 Other Carbohydrates.*