

Veal cutlet Pizzaiolo style

Description



Yield
4 servings



Scheduling
Preparation: 30–35 minutes



Nutritional values (100 g or 100 ml)
energy: 605 kJ/145 kcal;
fat: 8.9 g, of which saturated 2 g;
carbohydrates: 3.3 g, of which sugars 1.4 g
protein: 11.7 g; salt 1.9 g

Recipe

Ingredients (1'368 g)

480 g veal cutlet

500 g cherry tomatoes

100 g olives, black, pitted

10 g oregano, fresh

80 g capers

100 g white wine

80 g olive oil

16 g table salt

2 g pepper, black

Production

1

Preparation

Preheat the oven to 80°C and warm a serving platter and 4 plates.

Prepare 8 veal cutlets, each weighing 60 g. Season the veal cutlets on both sides with about 10 g of table salt and a little pepper. Heat half of the olive oil in a frying pan. Fry the cutlets briefly on both sides over a high heat. Place on the preheated platter and cook in the hot oven for 20 minutes.

In the meantime, halve or quarter the cherry tomatoes, depending on their size. Season with the remaining salt and a little pepper. Quarter the olives and set aside a few oregano leaves for garnishing. Chop the remaining oregano. Place the capers in a sieve and rinse them with warm water.

Heat the second half of the olive oil in a medium-sized pan. Add the cherry tomatoes and chopped oregano and fry for 3-4 minutes over a medium heat, rather than steaming. Pour in the white wine and add the olives and capers. Cook the pizzaiole sauce for another 2 minutes. Season to taste with salt and pepper.

2

Serving

Arrange the veal cutlets on prewarmed plates, pour the sauce over them and serve immediately. They go well with fine pasta, small roasted potatoes and baguette.