



Variations on Veal Cutlets with Marsala: Scalope al Marsala

READY IN



25 min.

SERVINGS



6

CALORIES



619 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 56 ounce tomatoes whole crushed peeled canned
- ☐ 1 tablespoons capers rinsed drained
- ☐ 0.5 medium carrots shredded finely
- ☐ 0.5 cup cooking wine dry white
- ☐ 6 servings flour all-purpose for dredging
- ☐ 4 leaves sage fresh
- ☐ 3 tablespoons thyme leaves dried fresh chopped
- ☐ 4 garlic cloves peeled thinly sliced

- ☐ 1 optional: lemon cut into wedges
- ☐ 1 tablespoon lemon zest grated
- ☐ 0.5 cup plum brandy dry
- ☐ 0.5 cup mushrooms sliced
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 onion spanish chopped
- ☐ 6 servings parmigiano-reggiano freshly grated
- ☐ 6 servings salt
- ☐ 6 servings salt and pepper black freshly ground to taste
- ☐ 6 veal cutlets
- ☐ 0.5 cup rosé wine

Equipment

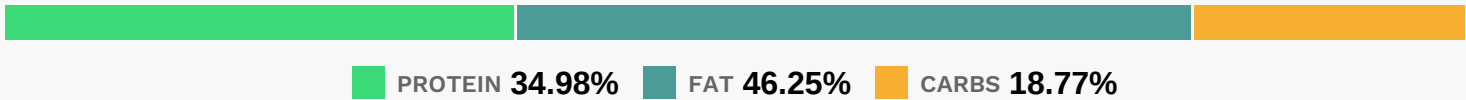
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Garnish veal with chopped parsley and extra-virgin olive oil
- ☐ For the basic: In 12-inch saute pan, heat the olive oil over high heat until hot, but not smoking. While the oil heats, salt and pepper both sides of each veal cutlet. Dredge through the flour, shaking to remove any excess flour.
- ☐ Place the floured cutlets in the pan and fry until golden brown on one side, about 5 minutes. Flip the cutlets over, and pour in the wine. Continue cooking until almost all of the wine has evaporated and a thick gravy-like sauce has formed.
- ☐ Garnish veal with chopped parsley and extra-virgin olive oil
- ☐ For number 1: Prepare the saute pan and the cutlets as described above. When the pan is hot, add the floured cutlets in 1 layer. Cook until golden brown, about 5 minutes. Flip the cutlets over, pour in the white wine, and add the capers and lemon zest. Continue cooking until the wine has evaporated and a thick gravy-like sauce has formed.

- ☐ Serve hot with lemon wedges.
- ☐ Garnish veal with chopped parsley and extra-virgin olive oil.
- ☐ For number 2: Prepare the pan and the veal cutlets as described above. When the pan is ready, add the sage leaves, pushing them around to infuse the oil with their flavor. The sage will become lightly fried.
- ☐ Remove the sage leaves and set them aside for garnish.
- ☐ Add the mushrooms and saute until beginning to brown, about 5 minutes.
- ☐ Add the floured cutlets and cook until golden brown on one side, about 5 minutes. Flip the cutlets over, and add the wine. Continue cooking until the wine has evaporated and a thick gravy-like sauce has formed. Top with sage leaves.
- ☐ Garnish veal with chopped parsley and extra-virgin olive oil.
- ☐ For number 3: Prepare the saute pan and the cutlets as described above. When the pan is ready, add the cutlets in a single layer. Cook until golden brown on 1 side, about 5 minutes. Flip the cutlets over.
- ☐ Add the basic tomato sauce and the wine. Continue cooking over high heat until the sauce has reduced some and the cutlets are cooked through, about 7 minutes.
- ☐ Remove the cutlets to heated dinner plates. Spoon some of the sauce over the cutlets and top with grated Parmesan, to taste.
- ☐ Garnish veal with chopped parsley and extra-virgin olive oil.
- ☐ In a 3-quart saucepan, heat the olive oil over medium heat.
- ☐ Add the onion and garlic and cook until soft and light golden brown, about 8 to 10 minutes.
- ☐ Add the thyme and carrot and cook 5 minutes more, until the carrot is quite soft.
- ☐ Add the tomatoes and juice and bring to a boil, stirring often. Lower the heat and simmer for 30 minutes until as thick as hot cereal. Season with salt and serve. This sauce holds 1 week in the refrigerator or up to 6 months in the freezer.

Nutrition Facts



Properties

Glycemic Index:61.72, Glycemic Load:5.82, Inflammation Score:-10, Nutrition Score:35.068260747453%

Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg Malvidin: 18.98mg, Malvidin: 18.98mg, Malvidin: 18.98mg, Malvidin: 18.98mg Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg Catechin: 2.13mg, Catechin: 2.13mg, Catechin: 2.13mg, Catechin: 2.13mg Epicatechin: 1.62mg, Epicatechin: 1.62mg, Epicatechin: 1.62mg, Epicatechin: 1.62mg Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.1mg, Hesperetin: 5.1mg, Hesperetin: 5.1mg, Hesperetin: 5.1mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 2.01mg, Luteolin: 2.01mg, Luteolin: 2.01mg, Luteolin: 2.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 7.99mg, Quercetin: 7.99mg, Quercetin: 7.99mg, Quercetin: 7.99mg

Nutrients (% of daily need)

Calories: 619.2kcal (30.96%), Fat: 29.6g (45.54%), Saturated Fat: 9.24g (57.75%), Carbohydrates: 27.03g (9.01%), Net Carbohydrates: 22.43g (8.16%), Sugar: 10.16g (11.29%), Cholesterol: 153mg (51%), Sodium: 1206.79mg (52.47%), Alcohol: 7.2g (100%), Alcohol %: 1.51% (100%), Protein: 50.37g (100.74%), Vitamin B3: 18.99mg (94.95%), Phosphorus: 674.02mg (67.4%), Vitamin B6: 1.22mg (60.91%), Vitamin C: 43.55mg (52.78%), Calcium: 483.23mg (48.32%), Vitamin B2: 0.82mg (48.09%), Potassium: 1335.79mg (38.17%), Selenium: 26.24µg (37.49%), Zinc: 5.41mg (36.09%), Vitamin B12: 2.13µg (35.52%), Vitamin E: 4.77mg (31.77%), Iron: 5.66mg (31.45%), Vitamin A: 1566.78IU (31.34%), Copper: 0.55mg (27.71%), Manganese: 0.53mg (26.64%), Magnesium: 105.67mg (26.42%), Vitamin B5: 2.54mg (25.44%), Vitamin K: 25.82µg (24.59%), Vitamin B1: 0.36mg (24.23%), Fiber: 4.59g (18.38%), Folate: 71.07µg (17.77%), Vitamin D: 0.17µg (1.11%)