

Veal Milanese



Ingredients, Veal:

- 4 boneless veal chops or medallions
- 2 cups all-purpose flour
- 3 eggs, beaten
- 2 cups dry breadcrumbs
- ½ cup grated Parmesan cheese
- ¼ cup chopped fresh parsley leaves
- Kosher salt and freshly ground black pepper
- ½ cup blended oil (canola oil and olive oil)
- 4 tablespoons unsalted butter
- Juice of 2 lemons

Ingredients, Vinaigrette:

- ¼ cup olive oil, plus more for drizzling
- 1 to 2 cloves garlic, minced
- ½ cup white balsamic vinegar
- Kosher salt and freshly ground black pepper

Ingredients, Salad:

- ½ cup shaved fresh fennel (about 1/2 bulb)
- 1 cup shaved radishes (4 to 6 radishes)
- 1 cup kalamata olives, pitted and slivered
- 2 cups cherry tomatoes, halved or quartered if large
- 3 cups arugula
- 2 cups Parmesan cheese shavings

Method:

1. Preheat the oven to 375 degrees F.

Method for the veal:

1. To pound the veal chops, line a cutting board with plastic wrap and place a chop on top. Place another piece of plastic wrap over the chop making sure it has completely covered. Use a meat mallet to pound the veal evenly, making sure the middle and the edges are the same size, about ½ inch in thickness. Remove plastic from the top and set the pounded chop aside; repeat with the rest of the chops.

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2. Set up three shallow baking dishes, one with the flour, one with the beaten eggs, and the third with the breadcrumbs, parsley and Parmesan. Season the flour, eggs, and breadcrumbs generously with salt and pepper. Season each veal chop with salt and pepper on both sides. Dredge a chop in the flour. Shake off any excess flour and then dip it into the egg mixture and then into the breadcrumbs. Once the chop is in the breadcrumbs, use your hand to scoop the crumbs up and over the meat and press to make sure it adheres and evenly coats the chop. Repeat the breading procedure with the remaining chops.
3. Heat a 12-inch skillet over medium-high heat and add $\frac{1}{4}$ cup blended oil. When the oil is hot, add two of the breaded chops to the pan. Cook for 3 minutes or until golden brown, and then turn the chops gently with tongs and cook for another 3 to 5 minutes on the other side. Lower the heat and add 2 tablespoons of butter. When the butter is almost brown, drizzle the juice of 1 lemon into the pan and over the crisp veal. Remove the chops and place them on a sheet pan. Drizzle the pan drippings over the veal. Repeat with the remaining $\frac{1}{4}$ -cup oil, remaining veal chops, remaining 2 tablespoons butter, and remaining lemon juice.

Method for the vinaigrette:

1. In a small bowl, whisk together the olive oil, garlic and vinegar. Season to taste with salt and pepper.

Method for the salad:

1. In a medium bowl, combine the fennel, radishes, olives, and tomatoes. Toss with a few spoonfuls of vinaigrette. Add the arugula just before serving and toss again.
2. To serve, place a veal chop on a serving plate and add some salad on top. Finish with a drizzle of olive oil and some Parmesan shavings. Repeat with remaining veal, salad, and Parmesan and serve.