

RECIPE

Escalopines de Veau

(Veal Scallops with
Lemon-Parsley Sauce)

SERVES 4

Le Veau d'Or serves this dish with sliced boiled carrots and a wedge of lemon, which can be squeezed on top for extra tartness.

1½ lbs. veal eye round, cut
crosswise into 8 equal pieces
½ cup flour
Salt and freshly ground black
pepper
3 tbsp. olive oil
2 cups chicken stock
14 tbsp. cold butter, cut into
small pieces
1½ tbsp. fresh lemon juice
1 tbsp. finely chopped fresh
parsley

1. Working with 1 piece of veal at a time, put the meat between 2 pieces of plastic wrap. With the smooth side of a meat mallet, pound the meat into a ¼"-⅛"-thick scallop. Unwrap meat, set aside on a plate, and cover with more plastic wrap. Repeat process with remaining veal.

2. Preheat oven to 200°. Put flour into a wide shallow dish. Season each veal scallop with salt and pepper, then dredge in flour, shaking off the excess, and set aside in a single layer on a plate. Working in 3 batches, heat 1 tbsp. of oil in a large skillet over medium-high heat and sauté veal until golden brown around the edges, about 1 minute per side. Transfer each piece of veal to a wire rack set over a sheet tray and keep warm in the oven.

3. Add stock to skillet and whisk to incorporate any browned bits from the pan. Continue to cook over medium-high heat until stock is reduced by half, about 12 minutes. Whisk in butter, a few pieces at a time, until incorporated. Add lemon juice, season to taste with salt and pepper, and cook until slightly thickened, about 5 minutes. Add parsley and stir to combine.

4. Return veal to sauce to let heat through. Divide veal and sauce between 4 plates and serve.

