

# VEAL PICCATA

Serves 8

Active time: 20 min Start to finish: 30 min

*Grill the veal while the noodles boil so both are ready at the same time.*

## For sauce

- 1¼ cups low-fat chicken stock  
(see Kitchen Notebook,  
page 95) or low-sodium  
fat-free chicken broth
- ½ cup dry white wine
- 1 tablespoon all-purpose flour
- 2 tablespoons water
- 1 tablespoon unsalted butter
- 1 tablespoon fresh lemon juice
- 2 tablespoons chopped fresh  
flat-leaf parsley

## For veal

- 2 lb veal cutlets (also called  
scallopini; ¼ inch thick)
- ¾ teaspoon salt
- ½ teaspoon black pepper
- 1 lemon, thinly sliced

**Special equipment:** a well-seasoned  
ridged grill pan

**Accompaniment:** buttered noodles  
with chives (recipe follows)

## Make sauce:

► Boil stock and wine in a 2- to 3-quart heavy saucepan until reduced by about half (to about ¾ cup), about 3 minutes. Whisk together flour and water in a cup, then whisk into stock. Boil, stirring, 1 minute, then remove from heat and stir in butter, lemon juice, and salt and pepper to taste. Keep sauce warm.

## Prepare veal:

- Cut veal into 3½-inch pieces, then pat dry with paper towels. Lightly oil grill pan and heat over high heat until just smoking.
- While pan is heating, sprinkle veal with salt and pepper. Grill veal in batches, without crowding, until browned, about 30 seconds on each side, transferring with tongs to a platter. Grill lemon slices, in batches if necessary, until lightly browned, about 1 minute per side, transferring to platter with veal. ► Stir parsley into warm sauce and pour over veal.

## Cooks' note:

- If uncooked cutlets are more than ¼ inch thick, pound to ¼ inch thick between 2 sheets of plastic wrap with a rolling pin.

*Each serving (not including noodles)  
about 143 calories and 2 grams fat*