

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

1½ 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
scalloppini; 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 3-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*