

Milanese veal steak, puttanesca sauce, gnocchi and Ricotta

Recipe for 4

Description

Two generous recipes inspired by Italian culture. Napoli, Milan and Rome are in the spotlight.

Note

Once the gnocchi have been plunged into the boiling water, wait for them to rise to the surface to consider the cooking process complete.

Once poached, you can fry the gnocchi in a pan with butter to give them color and a little crunch.

Ingredients

Milanese veal

- 4 Unit(s) Veal scallop
- 100 Gr Flour
- 3 Unit(s) Egg
- 200 Ml Japanese breadcrumbs (panko)
- 20 Ml Oregano

- Salt and pepper
- Olive oil

Sauce

- 500 Ml Diced tomatoes
- 25 Gr Anchovy fillet
- 20 Gr Pitted black olives
- 10 Gr Capers
- 4 Clove(s) Chopped garlic
- 5 Sprig(s) Flat parsley

- Salt and pepper
- Olive oil

Gnocchi

- 225 Gr Fine semolina
- 115 Gr Ricotta
- 1 Unit(s) Egg
- 5 Gr Salt

- Salt and pepper
- Olive oil

Preparation

- Preparation time **35 mins**

Veal

In a blender, mix the origano with the flour.

Season with salt and pepper the veal then you have to paner a l'anglaise the meat, this means:

Dip the veal first in the flour/origano mix, then in an egg dip, then finally in the Panko breadcrumbs.

Put aside.

In a very hot pan with a lot of oil, fry the veal on each side. Finsh the cooking in hte oven for about 5

to 8 minutes.

Gnocchi

Mix all the ingredients in a blender.

Mix the dough with your hands and a bit of flour. Wrap with saran wrap and put aside in the fridge for 2 hours.

Remove from fridge, split the dough in several pieces and roll each one to form a long roll.

Cut each roll in slices 1 cm thick, flour them and put aside in a baking tray.

Cook in a large volume of salted water for 5 to 8 minutes and serve.

Sauce

In a medium pot with olive oil, cook the garlic with anchovies and capers.

Add the crushed tomatoes, a bit of water, cover with lid and bring to a boil for 5 minutes at high heat.

Lower the heat, add the fresh parsley and chopped olives. Season to taste.

Serve on the gnocchi.

Bon appétit!