

Veal Saltimbocca with fresh mozzarella, sage and prosciutto- Virtual Workshop

Recipe for 2 portions

Description

White wine sauce, veal and fresh mozza? Hands down greatness, right over here!

Ingredients

Saltimbocca

- 2 Unit(s) Veal scallop
- 2 Slice(s) Prosciutto
- 2 Leaf(ves) Sage
- 2 Slice(s) Fresh mozzarella
- 2 Unit(s) Toothpick

- Salt and pepper
- Olive oil

White wine sauce

- 1 Unit(s) French shallot
- 75 Ml Marsala

- Salt and pepper
- Olive oil

Grilled vegetables

- 0.50 Unit(s) Red pepper
- 0.50 Unit(s) Zucchini
- 0.50 Tray(s) Button mushrooms
- 2 Sprig(s) Thyme
- 2 Clove(s) Crushed garlic

- Salt and pepper
- Olive oil

Preparation

- Preparation time **45 mins**
- Preheat your **Oven** at **400 F°**

Things to do before the workshop

Ingredient

Peel and chop the garlic.

Wash the vegetables.

Equipment list

- 1 cutting board
- 1 chef knife + 1 paring knife
- 2 mixing bowls
- 1 pair of tongs
- 1 wooden spoon

1 pastry sheet + parchment paper

1 pan

For the preparation - To do with the chef

Cut the zucchinis into macedoine.

Hammer down the veal until very thin.

Slice the prosciutto and the mozzarella.

Mince the shallot.

Empty the peppers and cut the mushrooms in quarters.

Saltimbocca

In a hot pan, colour the Saltimbocca in vegetable oil and butter, on each of its sides. Reserve on a cooking tray.

Put some prosciutto, some sage and a nice slice of mozzarella on them.

With the help of a toothpick to hold them, fold and roll them nicely.

Sauce

Cook the shallot with some butter, on medium high heat and once translucent, add in the Marsala to deglaze and let everything reduce and come together for a minute.

Once the sauce thickened a little bit add in the Saltimbocca. Rectify.

Vegetables

In a medium bowl mix in all the vegetables with the olive oil and the condiments.

Toss everything in the oven at 400F, for 20-25mins.

Plating

On a plate, dress the vegetables, the Saltimbocca and then pour generously the sauce all over.

Bon appétit!