



Veal is the most tender of beef pieces. Baked to perfection with tomato sauce and topped with parmesan and mozzarella cheese, it is a classic Italian dish with a Canadian twist. Serve with a simple pasta tossed in butter.

Veal Parmesan

Ingredients

8 large pieces veal scallopini
1 egg
1 tsp lemon pepper
1 tsp salt
2 cups seasoned bread crumbs*
12 tbsp olive oil
1 cup pre-made tomato sauce*
1 cup shredded mozzarella cheese
1/2 cup grated parmesan cheese

**Ingredients - Tomato Sauce*

1 28oz can whole italian tomatoes
1 14oz can crushed heirloom tomatoes
1 onion chopped,
1 garlic clove, chopped
1 tsp Worcestershire sauce
1 tsp soy sauce
1 tbsp olive oil
1 tbsp sugar
3 fresh basil leaves
1 tbsp oregano
1 tsp Kosher salt
2 cups stock*
6 cups water
1 1" piece of parmesan cheese rind

**Ingredients - Bread Crumbs*

2 cups plain bread crumbs
3 tbsp dried parsley
3 tbsp dried oregano
1/4 cup grated Parmesan cheese
2 tbsp salt

Instructions

If you don't already have sauce made, start by preparing the tomato sauce as it will require time to simmer (this recipe will produce more sauce than is needed for the veal). Heat the oil in a pot and add the onions, cooking until translucent (approximately 3 minutes). Add the garlic and cook for an additional minute. Crush the whole tomatoes by hand and add to the pot along with the crushed tomatoes. Use the water to rinse out any remaining tomato in the can and add to the pot. Add the stock (* beef or chicken), Worcestershire sauce, soy sauce, sugar, and spices. Mix well and drop in the cheese rind. Simmer on low until reduced to a thick consistency, approximately 3 to 4 hours. This basic sauce can be frozen and thawed out to use as needed.

Lightly beat the egg and season with lemon pepper and salt. Toss the veal pieces in the egg and let rest for 30 minutes, occasionally turning over. You can use pre-seasoned bread crumbs or quickly create your own seasoned crumbs (recipe on the side). Spread a layer of crumbs on parchment paper. Place a piece of the veal on the bread crumbs and push into the crumbs to adhere to the veal. Turn the piece over and repeat this process. Note: the standard breading technique includes dredging in flour first, then moistening in an egg wash (beaten egg plus a tablespoon or two of water or milk), and finally coating in crispy breadcrumbs. This makes a much thicker coating than just the egg-bread crumb but either works.

Heat half the oil in a frying pan until extremely hot. You want to make sure that you crisp the outside quickly (no more than 4 to 6 minutes total). The meat will continue to cook when broiled. Place the veal pieces onto a paper lined tray to soak up some of the oil. As you cook pieces you may need to top up the oil. Make sure to heat the oil before placing in new pieces of veal.

Once cooked, top with a layer of sauce followed with mozzarella and parmesan cheeses. Cover the edges of the veal with silver foil and broil until the cheese melts. Serves 4 to 6.