

# Sautéed Veal with Mustard Sauce

Yields 4 servings

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|--|-------------------------------------|
| 4-3ounce scallops of veal                | 1 ounce of butter                   |
| 1 tablespoon oil                         | 2 shallots finely diced             |
| 1 tablespoon Dijon mustard               | salt and white pepper for seasoning |
| ¼ cup dry white wine                     | 1 cup heavy cream                   |
| ½ cup sliced mushrooms                   | flour to dust veal                  |
| 2 tablespoons chopped parsley to garnish | pinch cayenne pepper                |

Season the veal with salt and pepper and dredge in flour, remove the excess. Saute the veal just before you plan to serve it in the butter and oil on both sides until it becomes golden brown. Remove from the pan and place veal on a warm plate. Remove oil from the pan. Add shallots, sliced mushrooms, mustard and deglaze with the white wine. Reduce by one half and add some cayenne pepper. When wine is reduced to one half add the cream and again reduce by one half. Arrange the veal on the plate or serving platter and pour the sauce over the veal. Serve with rice and garnish with a little parsley



# Veal Cutlet

- 2, 5 ounce veal cutlets  
1 whole egg  
1 tablespoon flour to dredge  
1 lemon wedge, ½ for lemon juice  
2 ounces butter/ 1 ounce to fry, 1 ounce to finish sauce  
salt and white pepper

Season cutlet with salt and white pepper then dredge in the flour, shake off excess. Soak in beaten eggs. Sautee cutlet in butter until done. Remove from pan. Deglaze pan with lemon juice. Add a dab of butter to thicken sauce pour over cutlet.

