

Veal Escalopes alla Pizzaiola

Ontario's veal farmers are proud to support Farm & Food Care Ontario and the important work they do to share the stories of Ontario's farming community and bring engaging events to people across the province.

Enjoy an appetizer made with Ontario grain-fed veal as part of the special three-course meal featured in the 2021 Gala-in-a-Box celebrations. We can't wait to see how you #VealAtHome!



Ingredients:

1/2 lb (227 g) of veal scaloppini
(two pieces)

Salt and pepper (to taste)

Flour for dredging (around 1/2 cup
(125 mL))

1/8 cup (25 mL) extra virgin olive oil

1 cup (250 mL) halved Zima, or
similar small tomato (teardrop, grape)

1 cup (250 mL) roasted red pepper,
cut into thin strips

1 tbsp. (15 mL) chopped capers

1/2 tbsp. (7.5 mL) minced garlic

1/2 tsp. (2.5 mL) oregano

20 crostini

Chopped fresh basil (optional)

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Instructions:

With the flat side of a meat mallet, pound the veal to a uniform thickness. Sprinkle veal with salt and pepper to taste. Dredge the veal in flour and set aside, shaking off any excess flour.

Heat half the olive oil 1 tbs. (15 mL) in large skillet to medium-high and cook the veal, about 1 minute per side.

Remove from skillet and set aside.

In the same pan, add remaining olive oil, tomatoes, peppers, capers, garlic, and oregano and sauté until hot and glistening.

Remove tomato mixture from pan and reserve in heat-proof bowl.

Cut each piece of veal into five rectangles, keeping in mind the size of your crostini. Top each crostini with a piece of veal and spoon tomato mixture on top. If desired, garnish with basil.

Tip: Cooking for a crowd?

Visit ontariovealappeal.ca/recipes/veal-escalopes-alla-pizzaiola for the full recipe.

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