

Saltimbocca alla romana



INGREDIENTS

Ingredients for 4 people

4 x 100 g veal escalopes
4 slices of prosciutto crudo
Sage leaves
Enough flour to dust the meat
Extra virgin olive oil
Butter
1 glass white wine
Pepper

Description

A classic and worldwide Italian main course, a great dish easy to make even when cooking for a big group

Preparation

Put the veal escalopes on a wooden board and flatten them until they are about 5mm thick. Place a slice of ham, preferably Italian prosciutto crudo, over each slice of meat with a sage leaf in the centre. Use a toothpick to ensure ham and sage leaf don't move when frying the meat.

Put the oil and butter in a saucepan. Lightly dust the veal escalope with flour on the side without the ham and fry over medium flame until the meat appears to be cooked. Add wine and simmer for another couple of mins. Add pepper to taste, don't add extra salt because of the ham and arrange the saltimbocca on a serving platter. In the skillet used to cook the saltimbocca, let the cooking juices reduce for a minute, then pour over the saltimbocca. Serve immediately or cover the pan with a lid to keep them warm.

For a gluten free version, use gluten free flour