

Scaloppine al limone (Lemon Escalopes)



INGREDIENTS

For 4 people

8 veal escalopes
a knob of butter
20 gr flour
1 lemon
Extra Virgin Olive Oil
Salt
Black pepper
[Mare e Monti EVOO, Oleificio Berardo](#)

Wine pairing suggestions



[Trebbiano d'Abruzzo Colline Teramane, Nicodemi](#)

Description

Lemon escalopes are an easy to make main dish to be served with a side of fresh salad. It is an Italian classic and are normally made with veal, however, it is possible to use a different meat.

Preparation

Melt a knob of butter in a pan together with the olive oil, if you prefer you can just use extra virgin olive oil. Dust the veal with flour, cook them for about 1 minute on each side depending on their thickness. Remove from the pan, place in a serving platter and set aside in a warm place.

In the same pan you fried the escalopes add a knob of butter or olive oil, a splash of dry white wine, let reduce quickly then add the juice of one lemon, salt and pepper to taste. Cook for a few minutes and then put the veal back in the pan for another couple of minutes. When serving, grate some lemon zest on them and chopped parsley.

For a gluten free version, simply use gluten free flour. The recipe can be modified adding other ingredients eg capers instead of lemon