

Veal Escalopes with Sage



Serves 4

Prep 5 mins

Cooking 10 mins

Easy

Ingredients

olive oil

4 veal escalopes

plain flour to coat

a small handful of sage leaves

1 lemon

a small glass of white wine

80g butter

1. Heat a few glugs of olive oil in a deep, heavy-based frying pan over a medium heat. Dust the escalopes with the flour then put in the hot pan with a scattering of sage leaves. Depending on the size of your pan, you may need to do this in batches. Brown the veal evenly on all sides, seasoning as you go, turning frequently, for around 6 mins. Remove the chops and put them on top of each other on a warm place to rest.
2. Cut the lemon in 1/2 lengthways and squeeze the juice of 1/2 into the pan. When the juice has almost evaporated, turn the heat up to high and add the wine, scraping all the sticky bits from the bottom of the pan into the sauce. When it starts to look thick and syrupy, add the butter, stir vigorously for 30 seconds and remove from the heat.
3. Lay an escalope on each of four warmed plates, pour over the sage and lemon sauce, then cut the remaining lemon 1/2 into four long wedges to squeeze over if you like.