



Veal “Saltimbocca” with Country Ham and Arugula Salad

Servings: 4

Wine Pairing:

Active Cooking Time: 1 Hour

Ingredients for the Veal

4 each	Bone in Veal Chops
4 slices	Country Ham, sliced thin
To Taste	Kosher Salt
To Taste	Black Pepper, coarse ground
4 each	Sage Leaves, Fresh
1 cup	Wondra Flour
3 Tablespoon	Olive oil

Ingredients for the Salad

4 oz	Arugula, fresh baby
½ bulb	Fennel, shaved
2 each	Breakfast Radish, sliced thin
2 tsp	Extra Virgin Olive Oil
1 each	Lemon
To taste	Black Pepper, cracked
To taste	Sea Salt
2 oz	Parmesan Reggiano shaved

Method of Preparation

1. Heat a cast iron skillet over medium high heat.
2. Place veal chops between two layers of plastic wrap. Pound each chop with a meat mallet or a rolling pin to about 1/8" thickness.
3. Season lightly with salt and pepper. Place a thin slice of ham on a cutting board and place one sage leaf on each slice. Then place the veal chop on the ham and fold the ham completely around the chop.
4. Dredge the chop in wondra flour.
5. Repeat these steps for each chop.
6. Add a thin layer of olive oil to the skillet.
7. Sear each chop over medium high heat. Brown lightly on each side.
8. In a large mixing bowl combine the arugula, fennel, radish, lemon juice, salt and pepper.
9. Drizzle the olive oil around the outside of the bowl and toss the vegetables gently.
10. To serve place one chop on each plate. Top with a hand full of the salad and finish with shaved Parmesan Reggiano.