

Preparing Veal Scaloppini (Cutlets)

Thin slices of veal cut from the leg are called cutlets, scallops, or scaloppini. The most prized meat for scallops comes from the long round muscle of the leg, pounded $\frac{1}{8}$ to $\frac{1}{4}$ -inch thick. Cutlets are usually cut $\frac{1}{2}$ to $\frac{3}{4}$ inch thick. They should be pounded gently between two sheets of wax paper using a rolling pin or a wine bottle. Bring the pounder down on the slice so it meets it flat, not on an edge, and as it comes down on the meat, slide it, in one continuous motion, from the center outward. Repeat the operation, stretching the slice in all directions until it is evenly thin throughout.

Trim off any fat, and if any membrane adheres, slash it in a number of places so the meat will not curl up during cooking. Do not crowd the pan or you will get a steamed effect.

Whether you call them scallops, cutlets or Schnitzels, they may be sautéed with or without breading for a tender meat dish with wonderful texture and flavor.