

EASY VEAL MILANESE

INGREDIENTS

- 1 lb Veal (cutlets) (pounded thin)
- 2 Eggs **OR** 1/2 C egg substitute
- 1 t Salt (since beef is kashered with salt - you may not need to use this salt)
- 1/2 C Flour (of your choice)
- 2 C Panko crumbs
- 2 T Margarine
- 2 T Olive oil



DIRECTIONS

- 1 Lightly beat the eggs with salt (if necessary) in a deep dish
- 2 Place the flour & the crumbs on a separate plate
- 3 Dredge the veal cutlets in the flour shaking off any excess
- 4 Then dip the cutlet in the egg flour/crumbs making sure both sides are well coated
- 5 Heat olive oil & margarine in a large saute pan over medium heat
- 6 Add the breaded cutlets to the pan without crowding them
- 7 Cook & then turn cutlets over making sure both sides are golden brown & crispy on both sides (6 minutes)
- 8 Transfer to warm plates & serve

NOTES

Serves 4



