

Saltimbocca

Veal with prosciutto & sage



The literal translation of *Saltimbocca* (pronounced sal-teem-boh-kah) is “to jump in the mouth” which is probably in reference to the flavor that hits your palate at first bite. These are so tasty they’ll seem to jump into your mouth and you won’t be able to stop eating them! This classic Italian dish is actually said to originate from Rome (where it’s called *Saltimbocca alla Romana*). So you might be wondering why we chose a Roman dish to pair with a wine from Friuli. The answer is plain and simple. This dish incorporates one important ingredient: prosciutto. Friuli is famous for its Prosciutto di San Daniele, which it's been making for centuries. We wanted to pair one of the classic wines with one of the main food products of the area. As the saying goes, “what grows together, goes together” and it couldn't be more true. The acidity of the wine cuts through the fattiness, and the flavors balance each other beautifully. This is a pairing you’ll be sure to love!

Total time: 20 minutes

Prep time: 10 minutes

Cooking time: 10 minutes

Serves 2 people

Ingredients:

- 3 tbsp butter
- 1 packet of thin slices of veal
- Prosciutto (10 or so slices)
- Sage (10-15 leaves)
- 1/2 cup of cooking white wine
- Salt & Pepper
- Toothpicks

NOTE: You can substitute thin slices of beef or chicken for veal if you prefer.

Directions:



1. Place the slices of meat on a cutting board and cut off any excess nerves or fat from the meat if needed. Then pound the slices of meat until they are very thin.
2. Place a piece of prosciutto over each piece of meat, and on top of that a sage leaf or two.
3. Use a toothpick to hold it together by poking from the bottom of the meat up and through and weaving back down.
4. Once you've assembled all the pieces put on a plate and set aside.

5. Melt the butter in a pan on medium high heat, then add the saltimbocca and cook for couple minutes per side.
6. Add the white wine, turn the stove to high and let evaporate.
7. Season with salt and black pepper to taste.
8. Serve when ready on a plate, topping with some of the cooking sauce from the pan.



Salute e buon appetito!