

# Scaloppine al Marsala

## Veal Marsala



The name of the dish is called *Scaloppine al Marsala*, however, many Americans simply know the dish as Chicken or Veal Marsala. *Scaloppine* is Italian for thin, boneless slices of meat that are typically sautéed or fried. This version is veal sautéed in Marsala sauce. We chose this dish because it incorporates a famous Sicilian product, Marsala, a fortified wine which gets its name from the city where its made. Marsala DOC is produced using indigenous grapes of Sicily like Grillo, Inzolia, Catarratto and Damaschino. Marsala is fortified using brandy, distilled grape spirit, similar to Port or Madeira. Originally, this addition of alcohol was to ensure that it would last on long ocean voyages, but now its made that way because of its popularity in foreign markets.

**NOTE:** You can always substitute chicken for veal if you prefer Chicken Marsala.

**Total time:** 30 minutes

**Prep time:** 10 minutes

**Cooking time:** 20 minutes

Serves 2 people

## **Ingredients:**

- 4 veal cutlets (or chicken if you prefer)
- Flour
- 2 tbsp unsalted butter
- 2-3 tbsp EVOO
- 1/2 large shallot, finely chopped
- 2 garlic cloves, finely chopped
- 1 ounce mushrooms, sliced
- 1/4 cup Marsala
- 6 tbsp low-salt chicken broth
- 2 bay leaves
- Salt & Pepper

## **Directions:**

1. Sprinkle the veal with salt and pepper to season. Then coat with a layer of flour.
2. Melt 1 tablespoon of butter and 1 tablespoon of oil in a large skillet over medium-high heat. Add the veal cutlets and cook until golden brown, about 1.5 minute per side. Once cooked, set cutlets aside.
3. Add 1 tablespoon of oil, shallots and garlic to skillet. Sauté until fragrant, about 30 seconds. Add the mushrooms and sauté until tender and the juices evaporate (~3 minutes). Season with salt.
4. Add the Marsala. Simmer until the Marsala reduces by half, about 2 minutes. Add the chicken broth and bay leaves. Simmer until reduced by half, about 4 minutes.
5. Season with some olive oil and salt & pepper to taste. Stir well.
6. Reduce the heat to low and return the veal with all its juices to the skillet. Cook just until heated through, turning to coat the other side (2-3 minutes per side). Stir the remaining 1 tablespoon of butter into the sauce. Season with salt and pepper to taste.
7. Transfer and serve the veal to plates. Spoon the sauce over the veal to serve.

*Salute e buon appetitio!*