

Milanese veal steak, puttanesca sauce, hard wheat gnocchi

Recipe for 4

Description

Ingredients

Milanese veal

- 4 Unit(s) Veal scallop
- 100 Gr Flour
- 3 Unit(s) Egg
- 200 Ml Japanese breadcrumbs (panko)
- 20 Ml Oregano
- Salt and pepper
- Olive oil

Sauce

- 500 Ml Diced tomatoes
- 25 Gr Anchovy fillet
- 20 Gr Pitted black olives
- 10 Gr Capers
- 4 Clove(s) Chopped garlic
- 5 Sprig(s) Flat parsley
- Salt and pepper
- Olive oil

Gnocchi

- 225 Gr Fine semolina
- 115 Gr Ricotta
- 1 Unit(s) Egg
- 5 Gr Salt
- Salt and pepper
- Olive oil

Preparation

- Preparation time **35 mins**

Veal

In a blender, mix the origano with the flour.

Season with salt and pepper the veal then you have to paner a l'anglaise the meat, this means:

Dip the veal first in the flour/origano mix, then in an egg dip, then finally in the Panko breadcrumbs.

Put aside.

In a very hot pan with a lot of oil, fry the veal on each side. Finsh the cooking in hte oven for about 5 to 8 minutes.

Gnocchi

Mix all the ingredients in a blender.

Mix hte dough with your hands and a bit of flour. Wrap with saran wrap and put aside in the fridge for 2 hours.

Remove from fridge, split the dough in several pieces and roll each one to form a long roll.

Cut each roll in slices 1 cm thick, flour them and put aside in a baking tray.
Cook in a large volume of salted water for 5 to 8 minutes and serve.

Sauce

In a medium pot with olive oil, cook the garlic with anchovies and capers.
Add the crush tomatoes, a bit of water, cover with lid and bring to a boil for 5 minutes at high heat.
Lower the heat, add the fresh parsley and chopped olives. Season to taste.
Serve on the gnocchi.

Bon appétit!