

VEAL CORDON BLEU



Time
25min



Servings
4

Calcium Recommended Daily Intake
28.90%

Calories

486

Calcium

289mg

Protein

54g

Vitamin D

0.82 IU

Ingredients

- 4 very thin, large veal steaks
- Salt, pepper, paprika
- 8 slices of Prosciutto ham
- 4 slices of Tilsiter cheese,
- 3mm thick
- ½ bunch of parsley, chopped
- 2 tbsp flour
- 2 eggs, beaten
- Salt pepper, bread crumbs for coating
- 20 g Butter or oil for frying
- Lemon slices, and a bit of parsley

Instructions

1. Season the veal steaks on both sides, lay two slices of Prosciutto on each, cover half the meat with a cheese slice, and put a little parsley on each.
2. Fold the meat in half, with the ham and cheese in the middle, press together and close with a toothpick. Turn the escalope over in the flour, then moisten it in the egg seasoned with salt and pepper, coat it in bread crumbs, and slightly press together again.
3. In hot butter or oil, fry the escalope on all sides till golden brown, and garnish with the lemon slice and parsley.