

SENSELESS

RECIPES

VEAL PARMIGIANA



Josh Katz

VEAL PARMIGIANA

♂ Serves 4 ⌂ Cooks xx minutes

SENSE INGREDIENTS

FOR THE MARINARA SAUCE

50ml olive oil	50ml olive oil
2 garlic cloves, thinly sliced	2 garlic cloves, thinly sliced
3 anchovies	3 anchovies
1 tsp dried oregano	1 tsp dried oregano
½ tbsp chili flakes	¾ tbsp chili flakes (+) (+)
2 400g tins of whole tomatoes	2 400g tins of whole tomatoes
1 onion, peeled & halved	1 onion, peeled & halved
5g salt	10g salt (+) (+)
½ tsp black pepper	½ tsp black pepper
3g sugar	5g sugar (+) (+)

FOR THE VEAL

120g plain flour	120g plain flour
12g salt	20g salt (+) (+)
1 tsp black pepper	1 tsp black pepper
2 large free-range eggs, beaten	2 large free-range eggs, beaten
200g breadcrumbs (Panko or fresh)	200g breadcrumbs (Panko or fresh)
1 lemon, zested	1 lemon, zested
1 tbsp dried thyme	1 tbsp dried thyme
4 180-200g veal escalopes, flattened out to 1½ cm thickness	4 180-200g veal escalopes, flattened out to 1½ cm thickness
sunflower oil, for frying	sunflower oil, for frying
150g grated mozzarella Cheese	150g grated mozzarella Cheese
30g parmesan cheese, freshly grated	30g parmesan cheese, freshly grated
1 tbsp chopped parsley	1 tbsp chopped parsley
A few sprigs of fresh basil	A few sprigs of fresh basil

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METHOD

- 1 Warm the oil over medium-low heat in a large frying pan and add the garlic and anchovies to infuse the oil, stirring continuously for 2-3 minutes, making sure the garlic does not burn and breaking the anchovies up with the spoon.
- 2 Add the oregano and chilli flakes and fry for 30 seconds, followed by the tinned tomatoes and onion halves.
- 3 Bring the sauce to a simmer over medium-high heat, then reduce to a low, gentle simmer and cook for 45 minutes to thicken and reduce, stirring occasionally, using a spoon to crush the tomatoes against the side of the pot.
- 4 Remove the onion halves and season with the salt, black pepper and sugar. You can keep the sauce chunky or transfer to a blender and process to smooth if preferred.
- 5 Preheat an oven to 200°C/180°C Fan/Gas Mark 6.
- 6 Season the flour with salt and black pepper and spread on a plate. Pour the beaten eggs onto a second plate. Mix the breadcrumbs with the lemon zest and dried thyme in a bowl and lay out on a third plate.
- 7 Dredge the veal escalopes in the seasoned flour, shaking off any excess, then dip it into the egg, allowing any extra to drip off, then finally lay the escalope in the breadcrumbs until evenly coated and completely covered with breadcrumbs. Set aside and repeat with the remaining escalopes.
- 8 Heat the sunflower oil in a wide, non-stick frying pan over medium heat and carefully add the veal escalopes to the pan, in batches if your pan is not large enough to accommodate all of them at the same time. Fry for a few minutes on both sides until lightly coloured, then transfer to a plate lined with paper-towel to absorb any excess oil.
- 9 Spoon half the marinara sauce into the base of a baking dish, spreading it out and place the veal side-by-side on top. Layer the rest of the sauce on top of the escalopes and cover each piece with mozzarella and parmesan over the top. Bake in the oven until the sauce is bubbling hot and the cheese has melted, about 15-20 minutes.
- 10 Transfer to a serving plate, garnish with chopped parsley and basil sprigs and serve immediately.