



Saltimbocca alla romana

Original Recipe for Saltimbocca: Veal Cutlets with Mediterranean Vegetables

 Easy  4 Servings  45 min.



The name of this Italian specialty comes from the Roman dialect: The expression “Salt’ in bocca!”—which translates to “Jump into your mouth!”—refers to thin, stuffed veal cutlets and symbolizes the feeling that comes over anyone who watches these delicate pieces of meat sizzle in the pan.

Ingredients

600 g veal cutlets
8 slices of Parma ham
2 zucchini
1 can of ORO di Parma
unpeeled cherry tomatoes
(400 g)
1 bunch of rosemary
1 bunch of sage
1 lemon
2 garlic cloves
100 ml white wine (or,
alternatively, the same
amount of vegetable
stock)
Olive oil for sautéing
Butter for sautéing
Sea salt
Black pepper

Step 1: The Preparation

First, finely chop the garlic. Then quarter the zucchini lengthwise and cut them diagonally into thin strips. Next, prepare the herbs: Finely chop the rosemary needles, wash the sage, and pluck off its leaves. In our “Kitchen Secret,” you’ll learn more about sage and other herbs used in Italian cuisine.

Step 2: Rolling the Saltimbocca

The veal cutlets for saltimbocca should be cut thin—preferably no thicker than half a centimeter. If you want to pound the meat flat yourself, place the pieces in a freezer bag or between two layers of plastic wrap. Then pound them flat with a sturdy saucepan or a meat tenderizer. Season the veal cutlets with salt and pepper and top them with about three-quarters of the sage leaves. Next, roll or fold the pieces of meat and wrap each one tightly with two slices of Parma ham. Secure the saltimbocca with a toothpick if necessary.

Step 3: Sear the saltimbocca

Now you can sear the meat rolls. Veal is very tender and doesn’t tolerate high heat or cooking for too long—so sear the saltimbocca for just 2–3 minutes in a little butter. The fat should be hot enough that the meat sizzles slightly. Once they’re lightly browned on both sides, remove them from the pan and keep them warm in the oven at about 60 °C.

Step 4: Mediterranean Vegetables

For the vegetables, use the same pan you used to sear the cutlets. Add a little olive oil and sauté the garlic briefly. Then add the rosemary and zucchini and sauté everything for a few more minutes. Once the zucchini are lightly browned, deglaze the pan with white wine or vegetable broth—this will allow the roasted flavors to blend into the pan juices and form a delicate sauce. Let the sauce reduce briefly, then add the entire contents of a can of ORO di Parma cherry tomatoes. Finally, season the vegetables with sea salt and black pepper to taste.

Step 5: The Finale

Remove the saltimbocca alla romana from the oven and drizzle a little lemon juice over the meat. Then place the veal rolls on flat plates and serve the vegetables in small bowls.

Finally, garnish with the remaining sage leaves. Buon appetito!

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