

# VEAL INVOLTINI

Stuffed Veal Rolls, serves 6.

By Dennis W. Viau; modified from a recipe in *The Fine Art of Italian Cooking* by Giuliano Bugialli.

These little veal rolls are simple and easy to make, but they have great presentation value, like you've been cooking all day. Use thin slices of veal (*scaloppine*), pounded thinner. Cook the *involtini* in a skillet on the stove. No need for a hot kitchen on a warm day. They are suitable for special occasions or a Sunday dinner. The taste is fantastic.



## Ingredients:

6 thin slices of veal (2 to 4 ounces (57 to 113g) each, or whatever is available)  
3 ounces (85g) mozzarella cheese; diced  
3 ounces (85g) prosciutto; diced (purchase in 1 piece, if possible)  
7 sprigs Italian parsley, leaves only; coarsely chopped  
1½ ounces (¾ cup/43g) Parmigiano or Romano cheese; freshly grated  
Salt and freshly ground pepper to taste  
All-purpose flour for dusting  
2 tablespoons olive oil for frying  
½ cup (118ml) dry white wine

## Directions:

Place each slice of veal between two sheets of wax paper or parchment paper and use the smooth side of a meat mallet to pound the veal slices thin.

Combine the mozzarella, prosciutto, parsley, and Parmigiano (or Romano). Divide equally among the six veal slices, spreading evenly on each slice, leaving the final inch (2.5cm) at one end uncovered. Sprinkle with salt and pepper (be aware that Romano is a salty cheese and therefore the filling might not require any salt). Starting at the end opposite the uncovered end, roll up each slice of veal and then tie with a piece of kitchen twine. Dust each roll liberally with flour (or roll in flour), shaking off the excess.

Heat the oil in a large skillet. Brown the *involtini* on all sides, turning occasionally, about 10 minutes.

Carefully add the wine to the skillet and bring to a boil. Lightly season the *involtini* with salt and pepper, if desired. Reduce heat to low and let the wine simmer until reduced to less than half, about 10 to 12 minutes.

Remove the *involtini* from the heat and allow to rest for 5 minutes. Remove the twine and discard. Serve the *involtini* warm. The fat can be spooned from the pan and discarded. The remaining juices can be used to garnish the *involtini* before serving. To increase the amount of juice for garnish, add a little chicken or other stock to the skillet and bring to the boil, loosening the fond (brown bits) in the bottom of the pan.

The **Step By Step** guide begins on the following page.

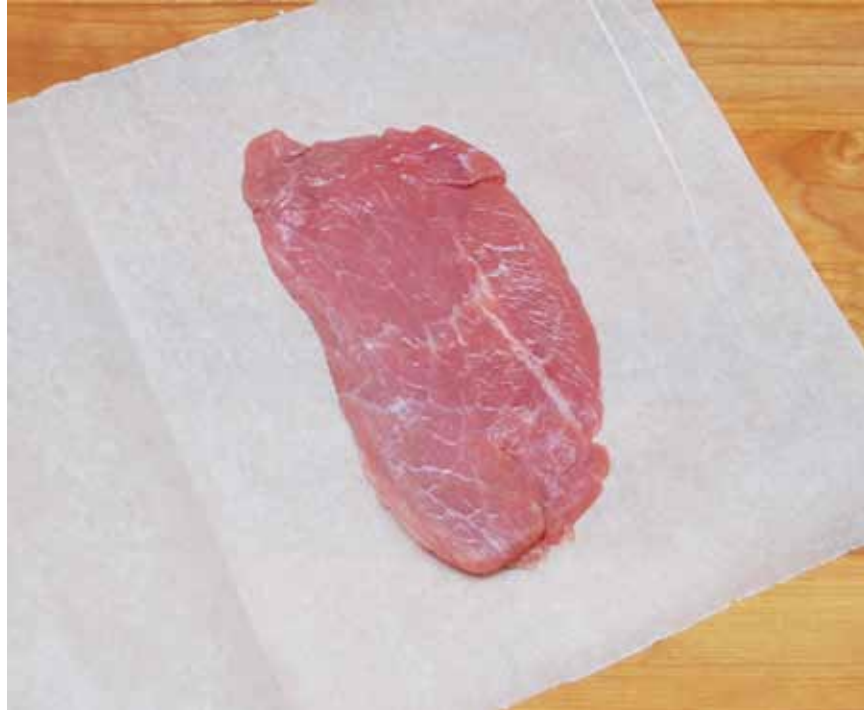
## STEP-BY-STEP

1



The original recipe called for veal slices of 4 ounces (113g) each. The veal slices sold at the warehouse store weighed about half as much. I found that it didn't make any difference. In fact, slices of only about 2 to 3 ounces (57 to 85g) each make a more sensible portion. These are rich with cheese and a little goes a long way. Try to buy the prosciutto in one piece and then dice it yourself. You'll like the texture better.

2



Place a slice of veal on a piece of wax paper or parchment paper. Then fold the paper over it.

3



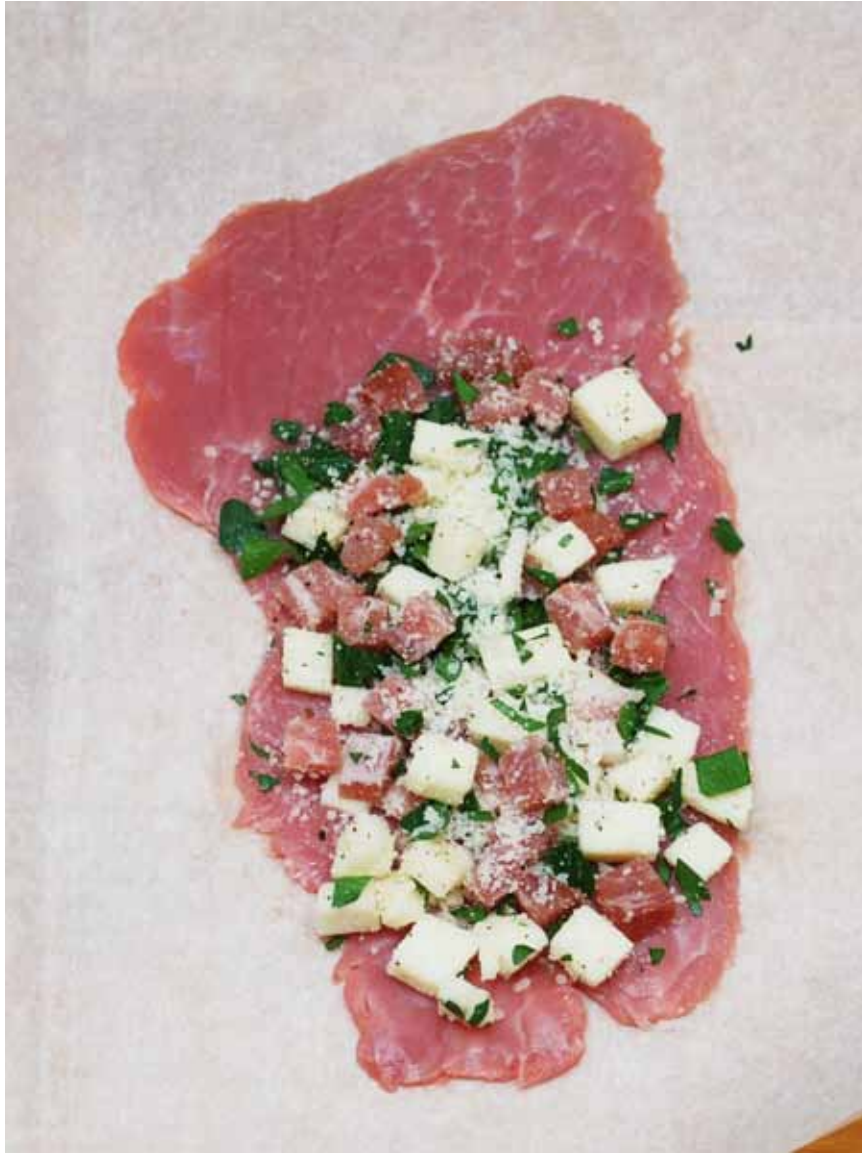
Using a meat tenderizing mallet or rubber mallet, hammer the paper-enfolded veal with moderate pressure until it is thin. Avoid so much pressure that you tear the meat, but use enough pressure to flatten the meat. This takes a little time and it is better not to rush it.

4



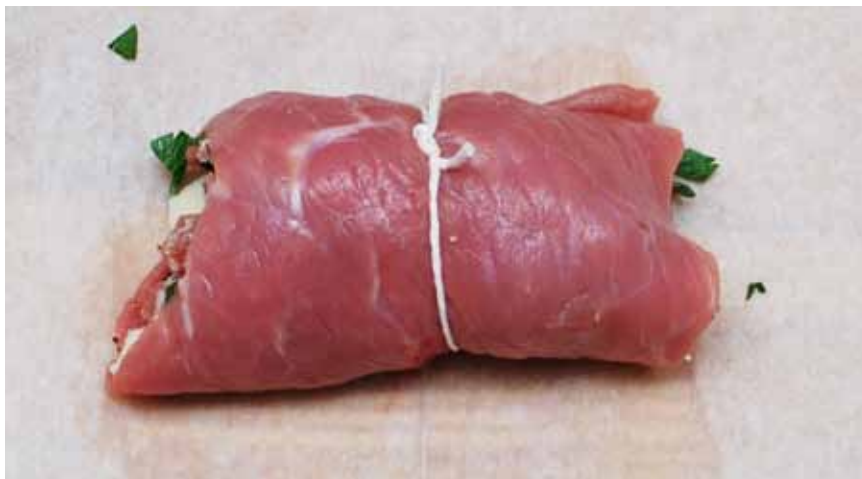
Combine the mozzarella, prosciutto, parsley, and Parmesan. Mix. Season with salt and pepper. If you are using Romano (like I do) you might want to avoid the salt. Romano is a salty cheese.

5



Spread about a 6th of the filling on a slice of veal, leaving about an inch (2.5cm) at one end uncovered.

6



Roll up the meat, enclosing the filling, and tie with string. Some filling might fall out of the ends, but that is to be expected.

7



Here are my six *involtini*, ready to be dusted with flour. To experiment, I tied three of them from end to end (the rolls on the left) to see if it would help contain the filling better, but I didn't notice that it made a significance difference.

8



You can roll the *involtini* in flour. I find it just as easy to use a flour duster to sprinkle them liberally with flour. Too much handling will cause more stuffing to fall out.

9



Heat the oil in a skillet and start browning the rolls. If you feel adventurous, you can hold each roll upright to brown the ends. See the roll in front above. It will help hold in the filling, but you might get burned by splattering oil. Holding it with tongs would be safer.

10



Turn the *involtini* every 2 or 3 minutes to brown on all sides.

11



Add the white wine, reduce the heat to low, and simmer for 10 to 12 minutes to reduce the liquid. The cheese will melt, allowing some filling to escape, but, again, this is to be expected. When the *involtini* are cooked, remove from heat and allow to rest 5 minutes. You can strain the juices and use for garnish. For additional juice, add a little chicken stock to the pan, bring to a boil, and use a spoon to loosen the fond.

12



Remove the string and serve with some colorful vegetables. Spoon some of the strained juices over the *involtini* when serving. Either green beans or asparagus would also be good.

## Conclusion

This dish is relatively easy to prepare when you consider the fantastic eye appeal. It looks a lot more difficult than it really is. The flavor is incredibly good.