

# 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 photos were removed. See the video for the preparation.