

Involtini di vitello – stuffed veal roulade**Ingredients for 10 portions:**

10 veal round cutlets
(100g each)
Salt, white pepper
8 anchovy fillets in oil
25 g capers
120 g Parma ham
1 clove of garlic
1/2 bunch of parsley
3 tbsp sieved tomatoes
35 g breadcrumbs
Black pepper
35 g butter
Flour for dusting
Oil for frying
350 ml veal stock
50 ml cream
20 wooden skewers

Wash the veal cutlets and pat dry. Hammer until flat and season with salt and pepper. Allow the capers and anchovy fillets to dry and then chop. Finely dice the Parma ham and mix together with the capers, anchovies and crushed garlic cloves. Wash the parsley then pat dry. Chop and add to the mixture along with the sieved tomatoes and breadcrumbs. Season with salt and pepper and stir in the butter. Lay out the veal cutlets, distribute the filling evenly and spread until it is smooth. Take up the cutlet lightly by the sides, roll up and fix with the wooden skewers so that the filling cannot escape. Dust the roulades with flour and sauté in a large pan with oil. Reduce the heat and fry for around 10 minutes, stirring continually. Remove the roulades and keep them warm. Add the veal stock, allow half of it to be absorbed and then stir in the cream. Add the sauce to the roulades.

Preparation time: Approx. 40 minutes

Per serving:

kJ/kcal: 980/235

Protein: 25.7 g

Fat: 11.0 g

Carbohydrate: 5.0 g

Bread unit: 0,4

Serving suggestion: Great with gnocchi or fresh ribbon noodles.