



# Breaded Rose Veal Escalopes 'a la Holstein'

Breaded and crisp - fried rose veal escalopes are topped with fried eggs, capers and anchovies

Serves: 2

Prepare: 10 Minutes

Cook: 15 Minutes

Difficulty: Medium

## Ingredients

- [2 x 150g rose veal escalopes](#)
- heavy pinch of flaky sea salt
- 80g plain flour
- 3 eggs
- 1 tbsp milk
- 30-40g panko breadcrumbs
- 4 tbsp cold-pressed rapeseed oil
- 60g salted butter
- 2tbsp small capers
- 4 salted anchovy fillets in oil
- 2 handfuls of watercress
- oven chips (optional)

## Method

1. If the veal is more than 1cm thick, or uneven in places, use a rolling pin or meat tenderiser to flatten it a little. Season both sides of each escalope generously with salt
2. Measure the flour, 1 egg and the breadcrumbs into three separate, flat containers (rimmed plates will do). Add the milk to the container with the egg and whisk to combine, Dredge each escalope in the flour, then egg, then breadcrumbs until well-coated
3. Find a heavy-bottomed frying pan in which the escalopes will fit (not too snugly, nor with loads of space around them). Place this over a medium-high heat, add the rapeseed oil and let that warm almost to smoking. Drop a breadcrumb or two in - if it fizzes and turn bronze, carefully add both escalopes to the pan and fry for 1 minute without touching it. Flip both and fry for 1 minute more, before adding 40g butter to the hot pan. Flip the escalopes again and, once the butter is melted begin to baste the tops of the escalopes. After 45-60 seconds, flip again, keep basting and cook until golden and crisp. 4-5 minutes in total should be about right
4. Transfer the escalopes to plates. Fry 2 eggs in the remaining butter (you may prefer to use a smaller, clean frying pan), transfer those to the top of each escalope before briefly (30 seconds) frying the capers in the egg pan, and pouring those and any remaining browned butter over the top
5. Add watercress and serve - with the oven chips if you have them