

Rose Veal Escalope in a Herb & Wine Sauce

The end result of this classic veal dish is a real mix of savoury and sharp with a vibrant, silky sauce

Serves: 2

Prepare: 5 Minutes

Cook: 10 Minutes

Difficulty: easy



Ingredients

- [400g rose veal escalopes](#)
- 50g plain flour
- salt and pepper
- 1tsp English mustard powder

For The Sauce

- 30g butter
- 1tbsp olive oil
- 200ml dry white wine
- 20g dill, chopped
- 20g tarragon, chopped
- 20g parsley, chopped
- 40g creme fraiche

Method

1. We prefer a really thin escalope, and the best way to achieve this is to lay the veal slices flat on a large sheet of baking paper, spaced out well. Then cover with a second sheet of baking paper and use a rolling pin or meat tenderiser to thin/ even out
2. Mix the flour with a generous pinch of salt and pepper, and a teaspoon of the mustard powder. Mix well, and coat each slice of veal on both sides
3. Heat the butter and the oil in a large frying pan until they start to bubble. Then add the veal in a flat single layer (if the frying pan isn't large enough, you can do this in two batches)
4. Fry for one minute. Flip and fry for a further minute on the other side. Add the wine and cook for four minutes
5. Carefully remove the escalope(s) from the wine to a side plate and continue cooking the wine until it has reduced by half
6. Add the herbs and mix well, then add the creme fraiche and mix to combine. Then return the veal to the pan and carefully flip so the meat heats up and the sauce coats everything
7. Serve immediately. This is great on its own but a green salad and rice or mashed potatoes go really well