

MITOLO

PROSCIUTTO WRAPPED VEAL with SOFT POLENTA

INGREDIENTS

1/3 cup (loosely packed) sage leaves
16 prosciutto slices
8 veal escalopes (about 100gm each),
halved lengthways
2 tbsp olive oil
100 gm butter, coarsely chopped
80 ml dry white wine

SOFT POLENTA

1 litre (4 cups) milk
180 gm instant polenta
100 gm parmesan, finely grated
80 gm butter, coarsely chopped

SERVES 4-6

METHOD

Finely chop half the sage and set aside. Lay prosciutto slices on a work surface and top each with a piece of veal, season to taste with freshly ground black pepper and scatter with chopped sage. Roll each piece into a cylinder, secure with a toothpick, set aside.

For soft polenta, bring milk to the simmer in a large saucepan over medium-high heat, whisk in polenta, season to taste and whisk occasionally until thick and smooth (6-8 minutes). Whisk in parmesan and butter, season to taste and keep warm.

Heat oil and 30gm butter in a frying pan over medium-high heat, add veal bundles, turn occasionally until golden and just cooked through (4-5 minutes), remove from pan and keep warm. Add remaining butter to pan and cook until golden (2-3 minutes), add remaining sage leaves and cook until crisp (1 minute), then remove sage with a slotted spoon. Add wine to pan, swirl to combine and season to taste. Serve polenta hot, topped with veal bundles, scattered with crisp sage, with sauce spooned over.

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