

# Tender Veal Eye of Round Cutlets MONTPAK

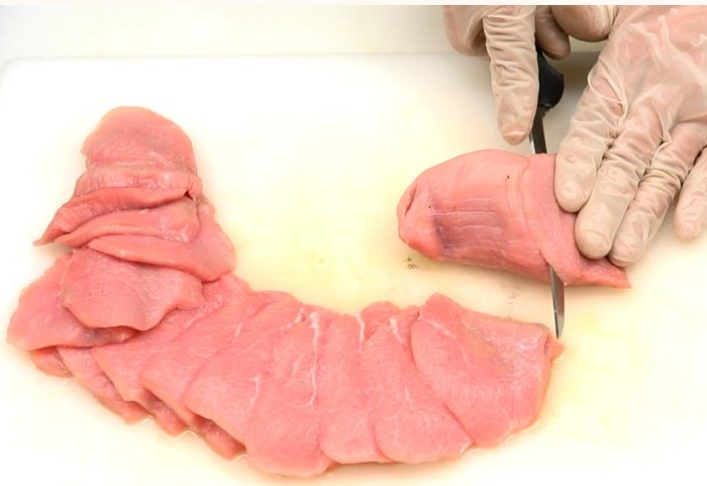
Mouth watering, easy to prepare cutlets  
Fast dinner solution for busy weeknights!



## Beforehand:

Keep refrigerated until ready to use. If frozen, defrost in refrigerator overnight.

## Option 1 - cutlets



**Step 1.** Slice eye of round into  $\frac{1}{4}$ " thick slices. Make sure to slice eye of round close to the same thickness to ensure even cooking.

**Step 2.** In a large cast-iron skillet or heavy deep skillet, add oil to cover half an inch. Use an oil that can withstand high heat, such as canola oil. Over high heat melt 2 tablespoons butter. Add cutlets to skillet. Reduce cooking temperature to medium-high heat and cook for about 1 minute per side or until desired doneness. Season both sides of cutlet with salt and pepper to taste. When cooking is complete, remove the cutlet and place them on a plate. You are now ready to assemble your plates.





Use slices in a hot veal sandwich and garnish with grilled vegetables.  
Or serve as a main course meal with your favourite sides.





## Option 2 – veal strips



**Step 1.** For another recipe option, you may slice the cutlets into strips. Make sure the strips are close to the same thickness to ensure even cooking.

**Step 2.** In a large cast-iron skillet or heavy deep skillet, add oil to cover half an inch. Use an oil that can withstand high heat, such as canola oil. Over high heat melt 2 tablespoons butter. Add veal strips to skillet. Cook on high heat turning strips until browned, reduce cooking temperature to medium heat and continue cooking about 3-5 minutes until desired doneness.

**Step 3.** When cooking is complete, remove the strips and place them on a plate. Prepare your vegetables in the skillet and return the strips to the skillet. You are now ready to assemble your plates.





Use the veal strips in a large salad, wrap, submarine sandwich or "stir-fry".



**Bon appétit!**

