

Breaded Cutlets MONTPAK

Veal Cordon Bleu



Beforehand:

Keep refrigerated until use.
Remove the number of cutlets
desired for the recipe



Step 1. Prepare three plates, one with flour, a second with a mixture of two eggs and a little milk and the last with the mixture of breadcrumbs *. Season each plate with salt and pepper.
* Choose a breadcrumb blend to your taste.

Step 2. Pat the cutlets with paper towels to remove excess moisture and season with a little salt and pepper.
Pound cutlets to about 1/4 inch thick to ensure even cooking.

Step 3. Lay a slice of Gruyère style cheese on your cutlets.

Step 4. Place a slice of ham on the slice of cheese.

Step 5. Roll up each veal cutlet, and secure with a toothpick.

Step 6. Coat the cutlets in flour first, shaking off excess. Make sure the cutlets are well covered. The flour adds a dry layer that helps the egg mixture to adhere to the cutlet.





Step 7. Secondly, dip the cutlets into the egg mixture, letting excess drip off. Make sure the cutlets are well covered. The egg mixture ensures that the breadcrumbs adhere well to the cutlet.



Step 8. Lastly, dredge cutlets in breadcrumbs, turning twice and patting to adhere. Make sure the cutlets are well covered.



Step 9. *Optional Tip:* You can place your breaded cutlets on a rack and put it in the refrigerator for 30 minutes. This will ensure a better adherence of breadcrumbs to the cutlet. Make sure the breaded cutlets are at room temperature before cooking in the oil.

Step 10. 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.

Step 11. Add cutlets to skillet. Reduce cooking temperature to medium-high heat and cook for about 1 minute per side or until desired doneness.

Note : Do not put more than three cutlets in the skillet, as the temperature of the oil will decrease and you will not get that golden crispy coating you desire.

Step 12. When cooking is complete, remove the cutlets and place them on a plate lined with absorbent paper towel to remove excess oil. You are ready now to assemble your plates.



VEAL CORDON BLUE



Bon appétit!

