
VEAL PICCATA WITH LEMON AND CAPERS

Essential to the success of this dish is NOT using a non-stick pan. There is no way to build a deeply flavored sauce in a non-stick pan; you need some bits of meat and flour to stick a bit so that when the pan is deglazed with the wine, there is some deliciousness to pick up. A stainless steel pan works well. Get the pan good and hot before searing the veal on both sides, and if needed, swirl in a touch of extra butter when building the sauce to ensure a balanced, rich taste in the final dish. Note that there is no chicken or veal stock in this recipe, which makes for a very light, clean tasting pan sauce.

You can cook chicken cutlets or thin fish fillets such as tilapia or sole in the same way to great effect; the cooking time will be similar.

Serves 2

- 55 grams (2 ounces) unbleached all-purpose flour
- 1 teaspoon salt
- ½ teaspoon freshly ground black pepper
- 4 veal cutlets, pounded thin (90 grams or 3 ounces each)
- 45 grams (1.5 ounces) unsalted butter, plus extra if needed
- 125 milliliters (½ cup) dry white wine
- 15 grams (0.5 ounces) capers, drained if packed in brine and rinsed if packed in salt
- 1 teaspoon slivered lemon zest
- 15 milliliters (1 tablespoon) lemon juice
- 1 teaspoon minced Italian parsley (optional)

1. Combine the flour with ½ teaspoon of the salt and ¼ teaspoon of the pepper on a plate. Dredge the veal in the flour and shake off excess flour (excess flour will burn in the pan).
2. Melt the butter until foamy on a medium-high heat in a 12-inch (30-centimeter) skillet.
3. Cook the veal until it is golden on both sides and rosy inside, turning once. It will take about 3 minutes per side. Remove to a clean plate.
4. If there isn't enough butter left in the skillet to build a nice sauce, add some more butter and swirl the skillet to melt the butter.
5. Add the wine to the skillet and scrape to bring up any bits that have stuck to the bottom of the skillet.

6. When the wine reduces to less than one-third of its original volume and loses its acidity, add the capers, lemon zest, and lemon juice, and season with the remaining $\frac{1}{2}$ teaspoon of the salt and $\frac{1}{4}$ teaspoon of the pepper.
7. Pour the sauce over the veal, sprinkle with the parsley, and serve immediately.