

The Italian food culture is known the world over to be healthy and delicious. Its many regional dishes are a joy to the palate of food connoisseurs and enthusiasts. Genuine and local ingredients are the key elements to the tastiness of the many options of the Peninsula food tradition.

Milan offers to its visitors plenty of opportunities to enjoy food in the hundreds of restaurants, bars and cafes of the city. The food experience is for sure enriched by the excellent level of service and the award winning interior design of the food outlets in the heart of Milan.



Veal Milanese (Cotoletta alla Milanese) is a meat recipe original from the city of Milan. Very quick and easy to make, it has very ancient origins. Cutlets appear for the first time in Milan in a menu prepared for the monks of St. Ambrogio in 1134 under the name “lompolos cum panito”.

# Cotoletta alla Milanese

4 Veal cutlets with bone | 2 medium eggs | 2 cup of breadcrumbs  
1 cup clarified butter | 1 cup all purpose flour | salt

The first important thing necessary to cook Milanese Veal Cutlet, is the choice of meat: veal cutlet with bone-in. You don't have to beat the meat but only remove small bones and excess fat at the edges.

**IMPORTANT:** cut the edges in 2/3 points to make sure that the meat does not bend during cooking.

Place the veal cutlets in the flour. Now whisk the eggs in a bowl with a fork and then dip the cutlets one by one.

Bread the meat, pressing down with your hands so the breadcrumbs don't come off during the cooking.

Melt the clarified butter in a frying pan. The secret to the perfect veal milanese is to fry the meat at high temperatures (169 ° or 336F maximum, not over the smoke point) so it becomes very crunchy outside but inside it remains tender and rosy.

Fry the cutlets about 5 minutes on each side, one by one. Then remove the excess butter on paper towels and add salt.

Taste Veal Milanese hot with salad, cherry tomatoes and a few drops of lemon juice.



Difficulty  
**low**



Prep Time  
**15 min**



Cook Time  
**10 min**



Yield  
**4 servings**