

Vegetable-Stuffed Veal Cutlets in Wine Reduction Sauce

Recipe By *Elky Friedman*



Cooking and Prep:  1
h 45 m

Serves:  9

Contains: 

Preference: Meat

Difficulty: Easy

Occasion: Passover

Diet: Gluten Free, Low Carb,
Sugar Free, Paleo

Source: Whisk by Ami
Magazine

Cuisines: Italian

I was looking for a change from the chicken, chicken cutlets, and red meat that are the standard Passover fare. I wanted something a bit out of the norm! This was the fantastic result!

Ingredients (20)

Main ingredients

- 1 tablespoon **Bartenura Olive Oil**
- 1 medium onion, diced
- 1 clove garlic, crushed or 1 cube **Gefen Frozen Garlic**

- 2 zucchini, peeled and diced
- 1/2 a red pepper, diced
- 1/2 yellow pepper, diced
- 2 tablespoons potato starch
- 1 egg white
- 1/2 teaspoon salt
- dash black pepper
- 1 and 1/2 pounds veal cutlets

Sauce

- 1/2 tablespoon olive oil
 - 4 shallots, diced
 - 1 box crimini mushrooms, sliced
 - 1 cup **Alfasi Cabernet Sauvignon** or other semi-dry dark red wine
 - 2 cups **Empire Chicken Broth** or other chicken soup
 - 1 teaspoon potato starch
 - 1 garlic clove, crushed or 1 cube **Gefen Frozen Garlic**
 - 1/2 teaspoon salt
 - dash black pepper
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Start Cooking

Prepare the Veal

1. Preheat oven to 350 degrees Fahrenheit.
- 2.

Heat oil in a sauté pan over medium heat. Add onion and garlic and sauté until onion is beginning to soften, about five minutes. Add zucchini, and red and yellow peppers. Cook until vegetables are soft, about 15 minutes. Remove from heat. Add potato starch, egg, salt and pepper.

3. Lay each cutlet on a flat surface and place one heaping tablespoon of the vegetable mixture in the center. Roll up the cutlet as tightly as possible and place in a baking pan with the seam side down.
4. Prepare the sauce. Heat oil in a small saucepan. Add shallots and sauté for three to four minutes. Add mushrooms and cook until softened, about 8 to 10 minutes. Add red wine. Lower heat and cook for at least 10 to 15 minutes, reducing the wine to almost half.
5. Add chicken soup, potato starch, garlic, salt, and pepper. Let simmer an additional five minutes. It will thicken just a bit.
6. Pour sauce over cutlets. Bake for 35 to 40 minutes. Serve hot.

Note:

For those of you who don't use mushrooms on Passover, you can omit them from the sauce.

Variation:

You can also prepare this recipe using thin chicken cutlets or dark boneless chicken thighs.