

# Escalope of Veal Diane



## Ingredients

- 4 British veal escalopes
- 100g (4oz) ground almonds
- 1 x 5ml (1tsp) chopped parsley
- 100g (4oz) butter
- steamed strips of courgettes, carrots, spring onions and peppers.

## Sauce

- 1 medium shallot, peeled and finely diced
- 1 clove garlic
- 25ml (1 fl.oz.) brandy
- 100ml (4 fl.oz.) dry white wine
- 1-2 x 5ml (1-2 tsp) French mustard
- Dash of Worcestershire sauce

## Seasoning

- 75ml (3 fl.oz.) double cream
- 1 x 5ml (1tsp) chopped fresh tarragon or chevril

## Method

1. Coat the escalopes in a mixture of ground almonds and chopped parsley.
2. Heat some of the butter and fry the escalopes on both sides until brown and tender, drain and keep warm. It is essential not to burn the butter; if so, clean out the pan and start afresh.
3. Heat the remaining butter and sauté the onions and garlic until cooked but not brown.
4. Add the brandy and flambé with a match. Beware of the flames from the brandy.
5. To reduce the flames, add the white wine, bring to the boil and simmer for 4-5 minutes.
6. Add the mustard, Worcestershire sauce and a little seasoning, cook for a further 2-3 minutes.
7. Finish the sauce by adding the cream, additional seasoning if required and some chopped herbs.
8. Pour a little sauce onto a hot plate, arrange the vegetables and the veal escalopes in the centre, and drizzle with sauce.

**Serves 4**

**Cooking time: Approximately 8 minutes**

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