

Crumbed veal with a herb salad and anchovy mayonnaise

Serves 4

8 veal schnitzels (around 125 g each)

Plain flour, for dusting

Salt and pepper, to taste

2 eggs

Japanese breadcrumbs (panko), for coating

Vegetable oil, for frying

Anchovy mayonnaise

1 egg

1 tsp Dijon mustard

2 tsp white vinegar

3 anchovy fillets

350 ml light extra virgin olive oil or neutral vegetable oil or a combination of both

Herb salad

leaves from half a bunch of of mint, dill and parsley

2 French shallots (eschalot), finely sliced

Zest of a lemon

1 tbsp salted capers, rinsed and dried

2 tsp red wine vinegar

1 tbsp extra virgin olive oil

Grated Parmigiano Reggiano, to serve

For the mayonnaise, place all of the ingredients, except for the oil, in the bowl of a food processor. Blitz until combined, then with the motor running, drizzle the oil into the bowl in a slow stream until the mixture has become a thick mayonnaise. You might not need all of the oil. Season to taste then refrigerate until ready to use.

In a shallow tray place the eggs and whisk. In a flat plate place a layer of plain flour and in another plate place a layer of panko crumbs. Working with one piece of veal at a time, and keeping one hand clean, dip a piece of veal into the flour, shaking off any excess. Move the veal into the egg mixture and allow excess to drain. Finally move the veal into the panko and pat the crumbs into the veal to secure them to the egg mixture. Place on a clean plate and repeat with the remaining veal.

Heat 2 cm of oil in a deep frying pan over a medium-high heat. Fry the crumbed veal, in batches, for around 2 minutes on each side, or until golden and cooked through. Drain on a wire rack and season with salt.

For the herb salad, combine all of the ingredients together in a medium bowl and season to taste.

Serve the crumbed veal with a dollop of the anchovy mayonnaise, a good grating of parmigiano reggiano and the herb salad.