



Strauss *Free Raised*® Veal Schnitzels with Braised Red Cabbage and Caramelized Apple

Cutlet and Caramelized Apple ingredients

prep time: 30 min • cook time: 1 hr • serves 4

8 veal cutlets(4-5 oz each) ¼ inch thick

1 medium lemon, cut into wedges	3 Tbs Italian parsley, chopped
1 cup vegetable oil	1 cup All purpose flour
2 Tbs unsalted butter, divided	2 apples, preferably Large Gala or Honeycrisp, cored, cut into 8-10 wedges
¼ cup pure or extra-virgin olive oil	
2 whole eggs	2 Tbs unsalted butter
2 cups panko, processed fine	Kosher or sea salt, to taste
½ cup Parmesan cheese	fresh cracked black pepper, to taste

Cabbage ingredients

3 heads red cabbage, core removed, halved and julienned	1 clove
	1 cinnamon stick
¼ lb. smoked bacon slices, julienned	1 bay leaf
½ cup red wine vinegar	½ cup chicken stock
2 cups red wine	Kosher or sea salt, to taste
¼ cup light brown sugar	

Risotto directions

- 1 Place the smoked bacon in a large stainless steel pot over medium heat. Cook for about 10 minutes or until the bacon is rendered and browned.
- 2 Add the red cabbage and cook for a few minutes to coat with the bacon fat, add the brown sugar, clove, bay leaf, cinnamon stick and continue cooking until the cabbage becomes soft.
- 3 Add the red wine vinegar and cook a few minutes to reduce by half. Next add the red wine and again reduce by half.
- 4 Add the chicken stock and continue to cook the cabbage until tender, stirring occasionally. Season with salt and pepper and set aside. The cabbage should be slightly wet looking with a small amount of liquid remaining in the pot.
- 5 Place a large pan over medium heat and add the butter, Place the apples in the pan flat side down and cook for about 1-2 minutes per side. The butter should brown and the apples should caramelize. Set aside.
- 6 Take the veal and season with salt and pepper. Crack the eggs into a small bowl and lightly beat with a couple tablespoons of water. Put the breadcrumbs and flour each in medium bowl for breading the veal.
- 7 Dredge the veal through the flour, shaking off the excess, then sprinkle each cutlet with a little of the Parmesan cheese, pressing the cheese into the veal so that it sticks to it. Now put the veal in the egg, then place in the breadcrumbs, pressing the breadcrumbs to the veal. Repeat the breading process.
- 8 Heat a large, stainless steel sauté pan or cast iron pan over medium-high heat. Add half of the oil to the pan.
- 9 When the oil starts to smoke, add half of the cutlets. Sauté on each side until lightly browned about 2-3 minutes per side, the last 30 seconds add 1 Tbs. of butter to the pan. Remove the veal from the pan, discard the oil and repeat with the remaining cutlets and new oil.

Place some red cabbage with its liquid on a plate, top with two cutlets and some caramelized apples. Serve and enjoy!!

Recipe courtesy of Adam Siegel, Executive Chef, Bartolotta Restaurants, Midwest James Beard winner.