

## Veal Soncerae

Much like Veal Oscar and its progenies, Veal Soncerae represents more of a preparation and presentation style than a specific recipe. The meat or poultry is sautéed, the pan is deglazed with sweet Marsala wine. Shaved carrots and prosciutto are then added and cooked. Experiment with different meats and enjoy.

I created this recipe when I tried to duplicate Veal Saltimbocca. When I realized it wasn't anything like Veal Saltimbocca, I figured that I had created something new that I could call anything that I wanted to. So I named it after my daughter, Soncerae (her name is a story unto itself).

Prep time: 10 minutes

Cook time: 20 minutes

Serves 4-6

1 lb Veal Scaloppini \*

1/2 Stick of Butter

¼ Cup Extra Virgin Olive Oil

1 Carrot - Shaved

1/8 lb. Prosciutto Ham\*\* - Sliced Paper Thin

¼ Tsp Dried Sage

1 Cup Marsala Wine

Pound the scaloppini as thin as possible.

Cut the ham into slivers.

Melt the butter into a frying pan. Add enough olive oil to coat the bottom. Sauté the veal in the butter/oil mixture until nearly done. Remove the veal to a plate covered with paper towels. When all of the veal is done, deglaze the pan with the wine. Place the carrots and ham in the pan and cook on low for about ten minutes until the carrots get soft and the mixture thickens. Push the ham/carrot mixture to the side and return the veal to the pan. Cover the veal with the ham/carrot mixture. Crumble the sage on top. Cover and simmer for about two minutes. Remove the veal from the pan and place it on a serving platter. Arrange the ham/carrot mixture on top of the veal. Pour the sauce from the pan on top and serve.

\*Boneless, skinless chicken breast can be substituted for veal in which case you have Chicken Soncerae

\*\*Turkey ham will also work if pork is not an option. Add ¼ tsp of garlic powder if you use turkey ham.