

Miele

Milanese with charred lettuce and anchovy vinaigrette

By Miele

20 minutes

Preparation Time

15 minutes

Cooking Time

6 serves

Serves



INGREDIENTS

Milanese

6 veal or pork bone-in cutlets (approximately 200 g each)
150 g (2 cups) panko breadcrumbs
35 g (¼ cup) parmesan, finely grated
¼ cup finely chopped parsley leaves
1 tbsp finely chopped basil leaves
1 garlic clove, finely grated
Salt flakes and pepper, to taste
6 eggs
150 g (1 cup) plain flour
2 tbsp olive oil
80 g unsalted butter

Charred lettuce

3 cos lettuces, halved lengthways
1 tbsp extra virgin olive oil
Salt flakes and pepper, to taste

Anchovy vinaigrette

80 ml (? cup) red wine vinegar
2 tsp Dijon mustard
3 anchovy fillets, with a small amount of its oil
1 large shallot, finely chopped
125 ml (½ cup) extra virgin olive oil
Salt flakes and pepper, to taste

To serve

1 lemon, cut into wedges
Salt flakes, extra

METHOD

Milanese

1. Using a rolling pin or meat mallet, flatten the cutlets until 5 mm thick.
2. In a large bowl, combine the breadcrumbs, parmesan, herbs, and garlic, season to taste.
3. Beat the eggs in separate bowl until combined, season to taste.
4. Place the flour in another bowl to create a crumbing station, season to taste.
5. Working with one piece at a time, coat in the flour, dip in the egg, allowing any excess to dip off, and then coat into breadcrumbs. Set aside and repeat with remaining cutlets.
6. Preheat a gourmet oven dish or large frying pan on medium-high, induction setting 7, for 4 minutes.
7. Place the olive oil and butter in the dish and allow to melt and bubble slightly. Add the veal and cook for 3 minutes each side, or until crisp and golden. Alternatively, the Milanese can be cooked on TempControl level 2.
8. Place on paper towel to remove excess oil.

Charred lettuce

1. Preheat the gourmet oven dish on medium-high heat, induction setting 7, for 5 minutes.
2. Lightly brush the flat surface of the lettuce with a little olive oil and season with salt and pepper.
3. Place flat side down in the oven dish and leave (do not touch) for 3-4 minutes.

Anchovy vinaigrette

1. Place all ingredients except the shallot and oil into a mortar and pestle and crush until a creamy mixture has been created.
2. Transfer the anchovy mixture to a bowl and add the shallot, combine well.
3. Using a whisk, slowly pour in the olive oil, while whisking until the vinaigrette thickens. Season with salt and pepper to taste.

To serve

1. Serve the Milanese with the charred lettuce, vinaigrette and lemon wedges. Sprinkle a little flaked salt over the Milanese.

Alternative appliance method

Combi steam pro oven

- The Milanese can be cooked in the combi steam pro oven by placing on a perforated baking tray. Spray well with oil. Cook Milanese on Mix & Match + Crispy Cooking + Level 6 and place food on shelf level 2. Place the universal tray beneath the Milanese on shelf level 1.

Induction

- The Milanese can be cooked on the tepan yaki plate on medium-high heat, induction setting 7. Cook for 3 minutes on each side, or until desired colour is achieved.

Hints and tips

- Use leftover bread to create your own breadcrumbs. Dry the bread in your oven or gourmet warming drawer overnight and blend until desired texture is achieved.
- This recipe can be gluten free by simply using gluten free breadcrumbs and gluten free flour.
- You can use veal or pork for this recipe, both are delicious!