



## *saltimbocca alla romana*

This dish is one of the most traditional Roman dishes, and it is deeply rooted in regional cuisine. The name of this Italian classic comes from salti in bocca, meaning it jumps in the mouth, which is exactly what the flavors of saltimbocca do.

The dish consists of tender, pan-fried veal cutlets that are wrapped in Italian prosciutto, flavored with fresh sage, then sautéed in white wine. Even though the original recipe for saltimbocca is supposedly centuries old, the first written trace of this dish was found in Pellegrino Artusi's 1891 cookbook *La Scienza in Cucina e l'Arte di Mangiar Bene*, in which he claims to have enjoyed this famed dish at Roman trattoria Le Venete.

### ***Ingredients***

#### **8 Servings:**

8 veal scallops  
4 slices of prosciutto  
8 sage leaves  
50g (3 tbsp + 1 tsp) butter  
2 tbsp dry white wine  
salt and pepper, to taste

### ***Procedure***

#### Step 1/5

Start by gently flattening veal scallops with a meat mallet until very thin. Then, season with a bit of salt and a pinch of pepper, and top each scallop with half of a prosciutto slice and a single sage leaf. Finally, skewer them all together with a wooden toothpick,

#### Step 2/5

Melt the butter in a large skillet or sauté pan, and when it starts foaming, add your veal scallops.

Step 3/5

Allow the meat to brown on both sides over high heat for only a minute or two, slightly less on the prosciutto and sage side. When done, remove the scallops from the pan and arrange them on a warmed serving platter.

Step 4/5

To deglaze the pan, pour in a little white wine and add a dab of butter. When the butter completely melts, pour the resulting sauce over veal scallops.

Step 5/5

Serve your saltimbocca immediately.