

Saltimbocca alla Romana:
Roman-style Escalopes with Prosciutto and Sage
Foodie Sisters in Italy

What it is. *This is one of the most famous meat-based dishes from Roman local cuisine made with tenderized veal pieces topped with a slice of prosciutto and a fresh sage leaf before being quickly fried in butter until the sage and prosciutto are crispy and the edges of the meat have caramelized.*

Ingredients

Serves 2

300 g (10.6 oz) veal escalopes, or chicken or pork

50 g (1.8 oz) prosciutto crudo, Parma ham type

30 g (1.1 oz) butter

fresh sage leaves

salt

pepper

Procedure

Tenderize the slices of meat (or ask your butcher to do it) by hitting them a few times with a meat hammer or rolling pin.

Then lay a slice of prosciutto on each piece of meat, top with a fresh sage leaf, and secure with a toothpick.

Heat half of the butter in a large frying pan and when it melts, add the slices of meat. Start by placing the slice with prosciutto and sage facing downwards. Cook on medium-high heat for a few minutes then turn the slice over to lightly brown the other side.

Tip. By first cooking the side with prosciutto and sage, their flavors are released into the melted butter. When turning the slice over, the flavors will coat the other side of the escalope. This is an important tip to keep in mind!



More homemade recipes in our
Italian online cooking school.
www.localaromas.com

Saltimbocca alla Romana:
Roman-style Escalopes with Prosciutto and Sage
Foodie Sisters in Italy

Depending on the size of your pan, you may need to fry the escalopes in batches. Place the cooked saltimbocca in a serving dish while you prepare the rest. When you are done, add 1-2 tablespoons of water to the hot pan and the remaining butter. Stir and pour this succulent sauce over the cook saltimbocca. Serve immediately and let them 'jump in your mouth' while hot!

Saltimbocca alla Romana and Italian Wine

wine sommelier Eric suggests. This recipe is delicious and delicate at the same time. I would use a red wine with personality, but not a 'bossy' one, so try a **Rosso Conero** from the Marche region.



More homemade recipes in our
Italian online cooking school.
www.localaromas.com