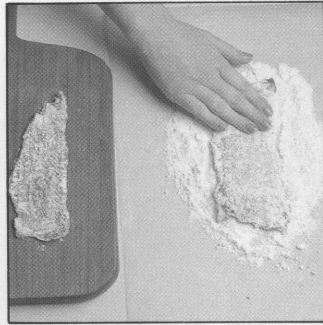


VEAL MARSALA

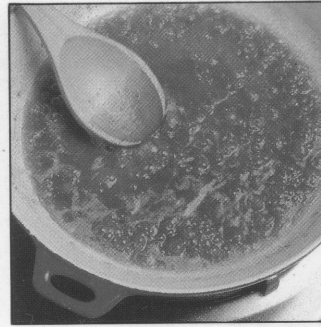
Scaloppine al Marsala

YOU WILL NEED:

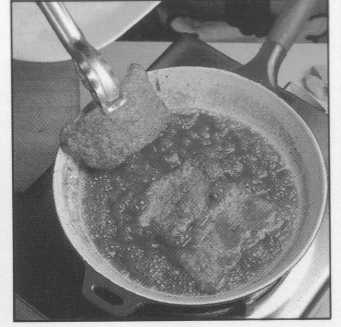
- 4 veal steaks
- salt, pepper
- flour
- 30g (1oz) butter
- 2 tablespoons oil
- 1/3 cup marsala
- 1 chicken stock cube
- 1/2 cup water



1. Season veal with salt and pepper on both sides. Coat veal in flour and shake away excess. Melt butter and oil in pan, cook veal 2 to 3 minutes each side and remove from pan, drain on absorbent paper.



2. Pour off butter and oil and return pan to heat, add marsala, crumbled stock cube and half the water, bring to boil and boil 2 minutes, scraping in any brown bits that cling to bottom of pan.



3. Return veal to pan, cover, reduce heat to low and simmer 10 minutes, turning veal once. Place veal on serving plate and keep warm, add remaining water to pan and bring to boil, scraping in any brown bits that cling to bottom of pan. Cook sauce until it is a syrupy glaze, spoon over meat.

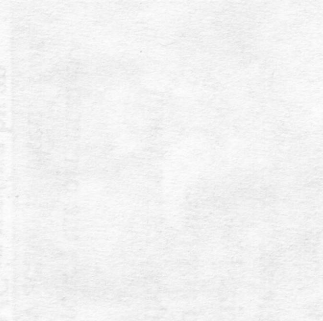
Serves 4

CHICKEN MARSALA

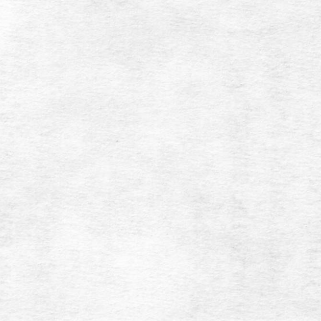
Pollo al Marsala

YOU WILL NEED:

- 4 chicken breasts
- salt, pepper
- flour
- 30g (1oz) butter
- 2 tablespoons oil
- 1/3 cup marsala
- 1 chicken stock cube
- 1/2 cup water



1. Season chicken with salt and pepper on both sides. Coat chicken in flour and shake away excess. Melt butter and oil in pan, cook chicken 2 to 3 minutes each side and remove from pan, drain on absorbent paper.



2. Pour off butter and oil and return pan to heat, add marsala, crumbled stock cube and half the water, bring to boil and boil 2 minutes, scraping in any brown bits that cling to bottom of pan.



3. Return chicken to pan, cover, reduce heat to low and simmer 10 minutes, turning chicken once. Place chicken on serving plate and keep warm, add remaining water to pan and bring to boil, scraping in any brown bits that cling to bottom of pan. Cook sauce until it is a syrupy glaze, spoon over meat.

Serves 4