

## *Veal Campagnola*

**Serves 4**

**Cuisine: Italian**

Preparation Time: 15 Minutes

Cooking Time: 20 Minutes

**Ingredients:**

1 Large bag of baby leaf spinach  
1 Large veal steak  
30g Unsalted butter  
½ cup of Plain flour  
2 tbsp Olive oil  
2 Medium sized Mozzarella cheese balls, drained and cut into medium thickness slices.  
Parmesan cheese grated finely  
Freshly ground black pepper

**For the Tomato Sauce:**

5-6 Vine Tomatoes, fresh and whole  
1 tbsp Olive oil  
2 Garlic cloves, crushed  
2 tbsp Tomato puree  
½cup Dry white wine  
1 tsp Sugar  
Basil leaves, finely sliced (chiffonade)

**Method:**

1. Cut little crosses into the base of each tomato and put them whole into a bowl and cover with boiling water and leave for 5 minutes. This helps the skinning process.
2. Then remove from the water and by hand, peel the skins off and then cut into quarters.
3. Set a sieve over a bowl and holding the tomatoes over the sieve to catch any juices, remove the seeds and any juices into the sieve/bowl.
4. Chop the flesh of the tomatoes as finely as possible until you start to get a juicy tomato pulp consistency.
5. Place the pulp into the sieve – in batches if necessary and push through the sieve with a wooden spoon. Be sure to work it hard so that almost all of the pulp and all of the juices are captured in the bowl. Discard the seeds and any pulp residue that won't pass easily.

6. Set a sauté or frying pan onto a medium heat, add a little oil and when hot, add the garlic and cook it out for a minute then add the tomato and stir in well.
7. Add the ½ cup of white wine and stir again.
8. Add the tomato puree and stir to blend it in and thicken the tomato, then add the sugar.
9. Add the basil and stir again, reduce to the desired quantity then remove from the heat and reserve.
10. De-stalk the spinach leaves and place into a large pot with a little salted water at the bottom and cover with a lid, ready to cook when the main dish is almost ready.
11. Take the veal steak, divide it into pieces, cover with a plastic film or bag and beat it out flat and turning occasionally to get it as even as possible – the veal should become much thinner and spread out.
12. Dip the veal into the flour and pat off any excess to give it a light coating.
13. Take a large flat pan (I use a paella pan for this), add butter and oil over a warm heat. When the butter is melted but not yet foaming, add the veal pieces and cook until lightly caramelized on each side.
14. Bring the spinach to a light simmer and then turn off the heat. Leave for a couple of minutes to wilt then drain and remove excess liquid.
15. Top each veal piece with a little spinach, then top that again with the mozzarella rounds.
16. Season lightly with fresh ground pepper, then spoon the tomato sauce around your islands of veal, cover with foil and let simmer for 10 minutes or until the cheese is melting. Serve immediately.

### **To Serve:**

This is a great family meal served at the table in the big pan with sautéed potatoes, or to make it a fine dining dish, spoon out some tomato sauce into individual bowls and place the veal and cheese islands on top centrally. Sprinkle some Parmesan dust over, and top with tiny sprigs of basil.

### **Chef's Notes:**

This is a fantastic, authentic Italian dish that is wholesome, smart and absolutely delicious! You can ask your butcher to cut you a veal steak about the same size as a large rump steak and in thickness. He can also bash it out for you if you like but I prefer to do that myself to get the thickness to my preference and keep the veal intact – if you get too aggressive it can split – trim as necessary. I use a meat tenderizer hammer to do the beating job.