



A Taste of Canadian Agriculture

Charlevoix veal cutlets with Emmenthal cheese and port sauce

4	veal cutlets (4 oz. / 115 g)
4	thin slices Emmenthal cheese
2 cups (500 mL)	deglazed veal drippings
1/4 cup (50 mL)	cream
1/4 cup (50 mL)	port
	salt and pepper to taste
	cornstarch

Method (cutlets)

Brown the cutlets over high heat on one side, then turn them over. Place a slice of cheese on each cutlet. Do not overcook as veal is served pink. Drizzle with sauce and serve.

Method (sauce)

Boil the port and reduce by half. Add the veal drippings and reduce by half. Add the cream, salt and pepper. Thicken with cornstarch to desired consistency.

- Makes 4 servings

NUTRITIONAL INFORMATION PER SERVING

- 230 Calories; 14 g fat; 19 g protein; 4 g carbohydrate

Source: Bernard Boulet, Executive Chef, Restaurant Bouton Pression

www.agr.gc.ca/recipes