

Veal masala with chestnuts



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Serves: 4

Preparation: 15 minutes

(+ 30 minutes to prepare chestnuts)

Cooking: 12–15 minutes (+ 20 minute roasting time for chestnuts)



2 tbs plain flour

salt and ground black pepper

1 tbs butter or margarine

2 tbs olive oil

500g thin veal steaks, cut into serving size portions

350g cooked, peeled chestnuts* (about 800g fresh chestnuts)

1/2 cup masala (a sweet fortified wine)

1/2 cup crème fraîche or sour cream
steamed green beans, to serve

1. Place flour onto a plate, season with salt and pepper and lightly coat veal steaks.
2. Heat 1 tbs butter or margarine and oil in a large frying pan over medium-high heat until bubbling. Cook veal steaks, in batches, for 1–2 minutes on each side or until cooked to your liking. Remove and set aside.
3. Add remaining butter and chestnuts to pan and cook, tossing occasionally, for 3–4 minutes or until golden. Add masala and cook for 1–2 minutes or until slightly reduced. Reduce heat to low and stir in crème fraîche or sour cream and season with salt and pepper to taste.
4. Return veal steaks to pan and simmer for 1 minute. Serve with steamed green beans.

* **To cook & shell chestnuts:** Cut a small cross into the base of each chestnut. Place chestnuts onto a baking tray and roast in a preheated 180°C oven for 20 minutes. Remove and wrap in tea towel to cool slightly. Remove chestnut shells and inner skins while still warm.

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