

Veal Scallops in Mustard-Cream Sauce

4 tablespoons (½ stick) unsalted butter

2 tablespoons vegetable oil

3 scallions (green onions), well rinsed and chopped

1½ pounds veal scallops (8 very large scallops, or 10 to 12 smaller scallops), pounded flat

Salt and freshly ground black pepper, to taste

⅓ cup dry white wine

⅓ cup mustard (avoid “ballpark”-type mustards)

½ cup Crème Fraîche or heavy cream

1 large firm ripe tomato, peeled, seeded, and chopped, for garnish

Heat the butter and oil together in a large skillet over low heat. Add the scallions and cook for 5 minutes without browning.

Raise the heat, add the veal, and season with salt and pepper. Cook the veal for 1 minute per side; do not overcook, and do not worry if it does not actually brown. Remove the veal from the skillet and keep warm.

Add the wine to the skillet and bring it to a boil. Cook until the mixture is reduced to a few syrupy spoonfuls.

Whisk in the mustard and the crème fraîche or heavy cream and boil for 2 minutes. Taste the sauce and correct the seasoning.

Arrange the veal on a serving platter or on individual plates and spoon the sauce over them. Sprinkle with the chopped tomato and serve immediately.

The Silver Palate Cookbook