01/04/12 - Wiener Schnitzel

Tonight I finally made it back into my kitchen. After being away from home for two weeks, it takes a lot of effort to restock the refrigerator and pantry. Whenever I begin to cook, it is my goal to accomplish a lot of dishes at once. Some dishes for the freezer, some for tomorrow, and some for tonight's dinner.

For tonight's dinner I had in mind something healthy and lower calorie to start the New Year off right. I served grilled chicken breast kabob with onion slices and red peppers; brown rice, oven roasted cauliflower with spray misted olive oil, pico de gallo (zero calories), guacamole, and tortillas for the guys. On the side I served a dish of fresh pomegranate seeds, a wonderful anti oxidant that adds an extra flavor zip to any plate of food. The pomegranates are almost gone for this year so eat your fill while there are still a few left.While I was preparing dinner, I also prepared a very large pot of chicken stock with lots of vegetables and two whole chickens. A French roast that had been in the freezer for two months was in need of cooking, and I prepared it using the French Roast with Prunes recipe from my blog. Lastly there remained frozen 8 pounded veal cutlets purchased on that same ambitious afternoon at the butcher as the French Roast. Nothing beats schnitzel for satisfying the appetites of my sons. Wiener Schnitzel sounded so good. I will serve the Wiener Schnitzel some evening when I leave dinner behind for the crew and go out with the girls. No schnitzel for me until I fulfill my New Year's resolution to shrink a

little.

Serves 4 to 8

4 extra large eggs

2 cups all purpose flour

1 (8 ounce) box Panko bread crumbs

2 teaspoons salt

8 large pounded veal cutlets, about 1/6 inch thick

1 quart bottle of safflower oil for frying

Crack eggs and place them in a large shallow flat bottomed bowl. Beat eggs until well blended. Prepare two large shallow plates, one with Panko and one with flour. Add one teaspoon salt to each and mix salt with flour and mix salt with crumbs. Prepare a large clean surface covered in wax paper or aluminum foil.

To bread schnitzel; first pat cutlet lightly on both sides in flour mix, second dip in beaten egg, and third pat in Panko crumbs on both sides. Place breaded schnitzels on a large piece of wax paper. Preheat a large skillet on medium high heat. Add oil to a depth of one quarter inch. Test oil with a bit of bread crumb and egg. If it sizzles it is ready. Slip two schnitzel at a time into oil and fry to golden on one side, then turn over and fry to golden on second side.

Remove fried schnitzel carefully using tongs, and place them on paper towel lined plates for draining. Repeat until all schnitzel is fried. You may add more oil to the pan as necessary by pouring more down the side of the pan into the hot oil in

When all of the schnitzel is fried you may serve it hot with your favorite side dishes or freeze them for another dinner. I freeze two in a pack in heavy duty aluminum foil.

Many years ago when my oldest son rowed for the crew team in high school and college the preferred dinner the night before a race was a huge plate of pasta with beef Bolognese sauce and schnitzel. The boys wanted to load up for strength the

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