

Buenos Aires Veal Milanese a la Napolitana

Prep: 20m

Cook: 20m

Σ Total: 40m

4 servings



Video ref: Paulina Cocina

MISE EN PLACE / INGREDIENTS [13]

- ☐ 1.5 lbs Thinly sliced beef top round or veal cutlets
- ☐ 0.5 cup All-purpose flour (for initial dredge)
- ☐ 3 whole Large eggs
- ☐ 2 cloves Garlic cloves, finely minced
- ☐ 2 tbsp Fresh flat-leaf parsley, finely chopped
- ☐ 2 cups Fine plain breadcrumbs
- ☐ 1.5 cups Neutral vegetable or sunflower oil (for frying)
- ☐ 1 cup Herbed marinara or crushed tomato sauce
- ☐ 4 slices Deli cooked ham slices
- ☐ 2 cups Shredded whole-milk mozzarella cheese (Galbani)
- ☐ 1 tsp Dried oregano
- ☐ 1.5 tsp Kosher salt
- ☐ 0.5 tsp Freshly ground black pepper

US SUPERMARKET BRAND GUIDE

Thin Beef Cutlets: Thin Cut Beef Top Round Cutlets
Lean and tender for quick frying. • Fresh meat case.

COOKING SEQUENCE & CHECKPOINTS

- 1

Tenderize & Provenzal Egg Wash

5 min

Pat the 1.5 lbs beef cutlets dry, pound thin, and lightly dust with 0.5 cup all-purpose flour. Dip in 3 beaten eggs whisked with 2 minced garlic cloves, 2 tbsp chopped fresh parsley, 1.5 tsp kosher salt, and 0.5 tsp black pepper.
✓ Checkpoint: Evenly coated cutlets.
- 2

Firm Breadcrumb Press

5 min

Dredge in 2 cups fine plain breadcrumbs, pressing firmly with the heels of your hands to anchor the crust.
✓ Checkpoint: Solid dry breading layer.
- 3

Golden Pan-Fry

5 min

Fry in 1.5 cups hot oil at 350°F (175°C) for 2 minutes per side until golden and internal temperature reaches $\geq 145^{\circ}\text{F}$ (63°C). Drain on paper towels.
✓ Checkpoint: Crispy golden cutlets.
- 4

Assemble Napolitana and Broil

6 min

Arrange cutlets on a baking sheet. Top with 1 cup tomato sauce, 4 slices cooked ham, 2 cups shredded mozzarella, and 1 tsp dried oregano. Bake/broil at 400°F (205°C) for 6 minutes until bubbling.
✓ Checkpoint: Bubbling browned cheese and fragrant oregano.

FOOD SAFETY & INTERNAL TEMPERATURE: 145°F (63°C) USDA SAFE MINIMUM FOR WHOLE-CUT BEEF AND PORK (WITH A 3-MINUTE REST)
USDA Food Safety Standard: Whole-cut beef strips and cutlets reach pathogen safety at $\geq 145^{\circ}\text{F}$ (63°C) with a 3-minute rest. Always discard raw meat marinades rather than reusing them uncooked.

MASTER DONENESS CHECKPOINT:
Crispy golden breadcrumb crust topped with bubbling melted mozzarella and fragrant oregano.

WHY IT WORKS:
High-Heat Broiler Gratin: Melting the cheese quickly under high broiler heat prevents steam from softening the crispy breadcrumb base.

TROUBLESHOOTING:
Breading falls off: Pat meat dry and press breadcrumbs firmly with palms.