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| ***Recipe from Palermo-Sicily-Italy*** | | | | | | |
| **Dish name: Involtini alla Palermitana**  **Number of Doses (Pax): 4 Preparation time: 2 hrs Sale price:€** | | | | | | |
| **Quantity** | **Ingredients** | | **Unit Price** | **Total Price** | **Preparation Technique** | |
| 550 gr | veal thin slices (scaloppine) | |  | € 12.00 | 1. Prepare the filling by combining in a medium sized bowl all of the filling ingredients (fresh breadcrumbs to pepper). Stir well to ensure all ingredients are coated in olive oil. 2. Preheat oven to 400F. Pound each slice of veal with a mallet until thin. Try not to tear the meat. Cut each slice into 2 or 3 squares approximately 10 cm wide. 3. Place about 2 tsp of filling at the centre of each veal square. Be sure to leave a thin border all around. Roll each square into a tight bundle, tuck in the ends and place seam side down. When all the involtini have been rolled, carefully skewer 4 or 5 onto a wooden skewer divided by a laurel leaf and a piece of white onion 4. Brush the involtini lightly with olive oil. Dredge in a shallow bowl filled with bread crumbs 5. Place on a baking sheet covered with parchment paper. Bake for 20 minutes, flipping halfway. Serve hot. | |
| 3/4 cup | Fresh bread crumbs | |  | € 0.50 |
| 3/4 cup  2 tbsp  2 tbsp | caciocavallo cheese, grated  Parmigiano cheese grated  Raisins, soaked in hot water to soften and pine kernels | |  | € 1.00  € 1.00 |
| 1/2 cup | fresh parsley, chopped | |  | € 0.20 | **Comments:**  A typical dish eaten all over Sicily, Sicilian Veal Involtini are delectable little bundles with typicalSicilian ingredients: raisins; caciocavallo cheese;  Sicilian Veal Involtini can be excellent served as an appetizer or main dish. Calculate four or five per person as a main dish  You can also prep them the day before serving. Bake right before serving. | |
| 1 | clove garlic, finely minced | |  |  |
| 1/2 cup | 1/2 cup olive oil, plus extra for brushing on the involtini | |  |  |
| 1/2tsp | Salt  salt and pepper to taste | |  |  |
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| **Total Cost:€** | | **Cost / Dose:€** | | | | **Student Name: Federica Miosi** |
| **Ratio (%):** | | **Contribution Margin:** | | | | **Class: 5th year Cookery course**  **Year: 2020** |