



COMPASS ROSE *café*

Kalbsschnitzel & Spätzle

pan fried veal culet with classic spaetzle pasta, sweet peas, and a mustard cream sauce

Things you will need to complete this recipe:

Oven	Butter
Sheet tray	Tongs
2x Medium Mixing Bowl	Rubber Spatula
Cast Iron Skillet	Serving Spoon
Non-stick Sauté Pan	Salt and Pepper
Vegetable Oil	

Ingredients in your box:

VEAL CUTLETS

SPAETZLE & VEGETABLE MEDLEY

Par Cooked Pasta, Diced Onion, And Sweet Peas

MUSTARD CREAM SAUCE

Whole Grain Mustard, Heavy Cream, Roasted Garlic, Chardonnay, S&P

FRYING SET

Egg-Wash, Flour, Breadcrumbs

GARNISH

Italian Parsley, Emmentaler Cheese

Recipe Tips

* Time to Prepare:

Prep time 10 minutes - Cook time 20-30 minutes

* Always read the entire recipe before you begin

* Make sure you are following the steps in numerical order

* Set your area up in advance so there are no issues during the cooking process

This is called Mise En Place and it is always the chef's first task!

Have fun!



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STEP 1

Remove all ingredients from box, read directions thoroughly. Turn oven on to 250 degrees. Set up your breading station using the Fry Set as follows: Dump the breadcrumbs into a mixing bowl. Dump the egg wash into a separate mixing bowl. Leave flour in bag. Gather Sheet Tray.



STEP 3

Heat cast iron skillet or sauté pan on medium low heat with enough vegetable oil to coat bottom with ¼ inch of oil. Once heated (5 minutes), one a time pan fry the cutlets, flipping once golden brown, and placing back on sheet tray when both sides are cooked.



STEP 5

Heat non-stick sauté pan on medium high heat with 2 tablespoons of butter. Once melted add the vegetable medley and spaetzle, season with salt and pepper, cook until light browning occurs. Reduce heat to low and add in the mustard cream sauce, stir to heat thoroughly, but don't overheat and break the sauce.



STEP 2

Open and pat dry the veal cutlets. Season both sides with salt and pepper. Take seasoned veal and, one at a time, place them into the flour bag and toss to cover. Shake off excess flour and submerge into egg wash. Take out of egg wash and gently place into breadcrumbs to evenly coat. Set breaded culet onto sheet tray. Repeat until finished with all.



STEP 4

Take sheet tray with cooked veal cutlets and place into oven on low heat to hold until vegetable and spaetzle are ready.



STEP 6

Plate the spaetzle first, build the veal cutlets on top shingling, garnish with cheese and minced parsley. Enjoy!