

Turkey Cutlets with Prosciutto and Caper Sauce



Servings: 4

For sauce

1 large garlic clove

1/4 cup well-drained rinsed capers

3 tablespoons olive oil

1 teaspoon red-wine vinegar

For turkey

4 thin slices prosciutto (3 ounce)

*8 thin turkey cutlets (scallopini
(about 1 pound)*

1/3 cup all-purpose flour

2 large eggs, lightly beaten

3/4 cup plain fine dry bread crumbs

1/4 cup olive oil

1/4 cup vegetable oil

Cook Time:

Make sauce:

Chop garlic and capers together. Transfer to a bowl and stir in oil, vinegar, 1/4 teaspoon pepper, and a pinch of salt.

Prepare turkey:

Drape a slice of prosciutto over each of 4 cutlets, covering them, then top with another cutlet (like a sandwich).

Put flour, eggs, and bread crumbs in separate shallow bowls, then stir 1/4 teaspoon each of salt and pepper into both flour and bread crumbs. Dredge each cutlet "sandwich" in flour, then eggs, then bread crumbs, shaking off excess after each dip. Transfer to a plate.

Heat oils in a 12-inch heavy skillet over medium heat until oil shimmers, then cook cutlet sandwiches 2 at a time, turning once, until golden and just cooked through, 4 to 6 minutes per batch. Serve with caper sauce.

Per Serving (excluding unknown items): 405 Calories; 40g Fat (87.6% calories from fat); 4g Protein; 8g Carbohydrate; trace Dietary Fiber; 106mg Cholesterol; 35mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 7 1/2 Fat.