

## Veal Scallops with Cognac and Fresh Herbs

### Every Day Fit Gourmet Comments:

*Super easy – serve this with just a good baguette and a simple salad for a great meal. Fulfills yet doesn't overly fill you.... Great with a nice Chardonnay.*

*Containing a full day's supply of protein. Although it uses butter, the fat levels are reasonable even for what is often a high-fat French dish (similar dishes are typically cooked with lots of butter). But a little butter is key for flavor so use it! And Cognac gives a nice bite and brings depth that pairs nicely with the "bite" in fresh tarragon.*

*See Part II on Every Day Fit Gourmet Tips on using a meat pounder and the one that works best. Scallops from the round muscle are best as they contain less fat and connective tissue. The non-stick sauté pan will allow you to use less fat while cooking. If you would like you can even cut the oil used here in half but I love the flavor and olive oil is a "good" omega 3 oil versus the "bad" omega 6's.*

*One of my favorite simple fast veal scallops recipe for a light yet complete summertime meal.*

### Tools you will need:

Large non stick sauté pan, meat pounder

Time/Effort: Low

## Veal Scallops with Cognac/Wine Sauce and Fresh Herbs

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1.5	lbs	veal scallop (8 large or 12 med pounded thin)	1/4	cup	white wine
			1/4	cup	Cognac or Brandy
1/2	cup	flour	1	tsp	fresh lemon juice
2	Tbs	butter	1	Tbs	fresh chives
2	Tbs	olive oil	2	Tbs	fresh parsley
1	dash	salt	1	Tbs	fresh tarragon
		fresh pepper			

1 Chop herbs on plastic cutting board lightly and place in small bowl and set aside.

2 Meanwhile, warm a plate in the oven.

3 Place flour on another plate on counter and spread flour out. On plastic cutting board place plastic wrap over each medallion of veal and pound light into thin scallops; cut into smaller pieces if needed to form medium medallions.

4 Lightly flour the veal and shake off any excess.

5 Heat the pan over medium high, add the oil then butter and let heat until foaming stops and hot but not so hot as to burn. Add scallops a few at a time and saute about 1 minute per side. After flipping over season with salt and pepper generously. Place warmed plate on stove top and remove medallions as they are cooked. Repeat until all are cooked.

6 Add cognac and wine to pan, tilt pan to mix, then herbs and a dash of salt and lemon juice. Return scallops from warmed plate and flip scallops in sauce to cover well with sauce.

Servings: 5

### Nutrition Facts

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Serving size: 1/5 of a recipe (6.6 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
<b>Calories</b>	457.71
Calories From Fat (36%)	166.84
% Daily Value	
<b>Total Fat</b> 18.77g	<b>29%</b>
Saturated Fat 7.13g	<b>36%</b>
<b>Cholesterol</b> 194.56mg	<b>65%</b>
<b>Sodium</b> 124.79mg	<b>5%</b>
<b>Potassium</b> 558.58mg	<b>16%</b>
<b>Total Carbohydrates</b> 10.09g	<b>3%</b>
Fiber 0.41g	<b>2%</b>
Sugar 0.2g	
<b>Protein</b> 50.64g	<b>101%</b>