



CORFIOT VEAL WITH VINEGAR SAUCE

(Sofrito)

An offering from the culinary traditions of Corfu.

1/3 cup all-purpose flour
Pinch of cayenne pepper
1 pound veal, preferably top round, cut into 1 1/4-inch slices
3 tablespoons Krinos Extra Virgin Olive Oil
4 garlic cloves, minced
1/4 cup Krinos Red Wine Vinegar
1 1/2 cups canned unsalted beef broth
1/2 cup chopped flat-leaf parsley
Salt, to taste

Combine flour and cayenne and lightly dredge the veal. Heat olive oil in a large non-stick skillet over medium heat and brown the veal for about one minute on each side. Transfer to a platter.

Add the garlic to the skillet and sauté for one minute. Return veal to skillet and pour in vinegar. As soon as the vinegar steams, pour in beef broth. Boil until the sauce is reduced by half and the veal is tender, about 8-10 minutes. Transfer veal to a platter, add chopped parsley to the skillet and cook another five minutes, until sauce is thick. Season to taste with salt. Pour sauce over veal and serve.

Yield: 4 servings