



Milanesa

Ingredients

for 4 servings

2 lb (900g) beef round, thinly sliced (1 cm thick)

2 eggs , beaten

1 lb (450g) breadcrumbs

2 garlic cloves, chopped

3 tbsp parsley, chopped

salt

black pepper, ground

vegetable oil (for frying)

Method

Slice the beef into a centimeter thick cutlets.

Cut off all the fat and the sinew to get as clean of as cutlets as possible.

Tenderize the cutlets with a mallet until half a centimeter thick.

Whisk the eggs with chopped garlic, chopped parsley, salt, and pepper.

Drench the cutlets in an egg mixture, then store them in a cold place for 45 minutes.

Heat the oil over medium-high heat until it reaches 170°C/340°F.

Coat the cutlets in breadcrumbs and fry them on both sides for a few minutes, then place them on paper towels to drain.

Serve warm, with some of the following: French fries, mashed potatoes, green salad, potato salad, or roasted peppers.