

# Veal schnitzel and coleslaw with homemade mayonnaise

**SERVES: 2**

Preparation

**25**  
mins

Cooking

**10**  
mins

Serving & Presentation

**5**  
mins

Total time:

**40 MINUTES**

## INGREDIENTS

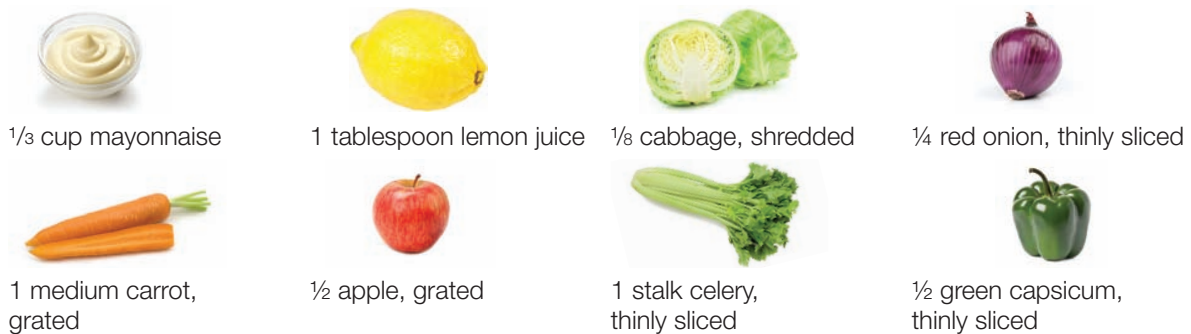
### SCHNITZEL



### MAYONNAISE



### COLESLAW



## METHOD

### SCHNITZEL

- 1 Beat egg and milk in a medium bowl.
- 2 Mix parsley with breadcrumbs and place on a plate. Pour flour on a separate plate.
- 3 Coat veal in flour, shaking off any excess.
- 4 Dip veal into egg mixture.
- 5 Coat veal in breadcrumbs. Repeat process with second veal portion.
- 6 Heat oil and butter in a frying pan. Fry schnitzels until golden brown on each side.
- 7 Remove from pan and drain on absorbent paper.
- 8 Serve with coleslaw.



## MAYONNAISE

- 1 Using a balloon whisk, whisk together the egg yolk, salt, mustard and vinegar in a glass bowl.
- 2 Continue whisking egg mixture and add oil in a slow and steady stream until you have a thick, velvety mayonnaise.
- 3 Season to taste.

## COLESLAW

- 1 Combine mayonnaise and lemon juice in a large bowl.
- 2 Add all remaining ingredients and combine. Make sure they are thoroughly mixed.

## FOOD PREPARATION SKILLS REQUIRED

- |            |                  |
|------------|------------------|
| 1 Crumbing | 3 Emulsification |
| 2 Slicing  | 4 Grating        |

## COMPLEX PROCESSES

- 1 Mayonnaise making

## COOKING METHODS

- 1 Shallow frying

## IMPORTANT TOOLS AND EQUIPMENT

- |                 |                  |
|-----------------|------------------|
| 1 Medium bowl   | 6 Chef's knife   |
| 2 Plates        | 7 Chopping board |
| 3 Tongs         | 8 Non-slip mat   |
| 4 Frying pan    | 9 Glass bowl     |
| 5 Balloon whisk |                  |

# tips & Techniques

Make sure you use one hand for the wet part of the crumbing process and the other hand for dry crumbing.

Be careful you don't lose the crumb when turning your schnitzel over. It is best to put the schnitzels into the fridge for as long as possible before cooking; this will help to 'set' the crumb and avoid the crumbs coming off when cooking.

Drain your schnitzel on absorbent paper after cooking to soak up any excess oil before serving.

When making your mayonnaise, add small amounts of oil at a time so that it does not split.

If you have leftover mayonnaise, store in a sterilised jar in the fridge for up to a week.

## Analyse the task

- 1 Describe the cooking method shallow frying and suggest the advantages and disadvantages of using this method.

- 2 Identify the nutritional properties of all of the ingredients used in this recipe. Highlight others that are considered to be a good food source for this nutrient.