



Involtini al Pomodoro

Italian Veal Rolls in Tomato Sauce

🔪🔪🔪 Medium 🍽️ 4 Servings ⌚ 90 min.



FUN FACTS ABOUT ROLLS

Roulades come in many variations around the world, whether made with meat, fish, or cabbage leaves. They are stuffed, rolled, and braised in a pan. The Italian version is called involtini—little rolls. Unlike the German version, veal is used here instead of beef. The word “roulade” comes from the French word “rouler,” which means “to roll.” As early as 1400, Maestro Martino da Como described a dish in which meat is rolled with a filling and then braised. These meat rolls are a traditional dish of southern Italian cuisine, though there are also various variations of involtini from northern Italy.

Ingredients

For the parsley pesto:

30 g pine nuts

8 tsp Parmesan, freshly
grated

2 handfuls of parsley

3 tbsp olive oil

1 clove of garlic

Freshly ground salt and
pepper

For the veal roulades:

4 veal roulades

4 slices of prosciutto
crudo

Freshly ground salt

Freshly ground pepper

A little Parmesan

For the tomato sauce:

200 ml water

2 cans ORO di Parma
whole peeled tomatoes
(400 g each)

1 onion (medium)

1 clove of garlic

1 bunch flat-leaf parsley

1 tbsp ORO di Parma
tomato paste (3x
concentrated)

1 bunch fresh basil

Salt and freshly ground
pepper

Step 1: The Preparation

First, make a delicious parsley pesto. You'll use it to brush the Italian veal roulades later. To do this, simply puree garlic, parsley, Parmesan, and pine nuts with a little olive oil. Season with salt and pepper. And there you have it—your homemade pesto is ready!

Step 2: The Veal Rolls

Season the roulades on both sides with salt and pepper, then spread the parsley pesto and a little Parmesan over the meat. Place a slice of prosciutto crudo on each roulade and roll them up. Finally, secure the roulades with meat skewers or chopsticks and sear them on all sides over medium heat.

Step 3: The Sauce

Add the onions and garlic to the pan with the roulades and sauté them together. Then add the whole, peeled ORO di Parma tomatoes and let them simmer briefly. Season the sauce with salt and pepper and adjust the flavor with fresh Italian herbs like parsley and basil, as well as tomato paste. Pour in 200 ml of water and let the sauce reduce for about an hour. Once it's ready, you can serve the tender involtini with the sauce. Incredibilmente delizioso!

Used products:



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www.oro diparma.de/en/italian-recipes