



SPOTLIGHT RECIPE

BEEF MILANESA

Milanesa de peceto is an Argentine dish made from peceto, or eye of round steak. Known for its lean taste, it is best when roasted rare. Typically garnished with chopped parsley and served with a lemon wedge, milanesa de peceto pairs well with sides like rice, a green salad or tomatoes.

SERVES 10

INGREDIENTS

- 5 pounds beef round, raw, thinly sliced (1/2-inch thick)
- 6 fresh eggs, beaten
- 6 fresh garlic cloves, chopped
- 1/2 cup fresh parsley, chopped
- 2 1/2 teaspoons kosher salt
- 1 1/4 teaspoons black pepper, ground
- 2 1/2 cups vegetable oil, for frying
- 5 cups bread crumbs, plain

DIRECTIONS

Slice the beef into 1 centimeter (1/2-inch) thick cutlets and trim away any fat or sinew.

Tenderize the cutlets with a mallet until they are about 0.5 centimeter (1/5-inch) thick.

Whisk together the eggs, chopped garlic, parsley, salt and pepper in a bowl.

Drench the cutlets in the egg mixture and refrigerate for 45 minutes.

Heat the oil in a pan. Coat the cutlets in the bread crumbs and fry for about 5 minutes on each side. Drain on paper towels. Serve warm.

Side dishes

Smashed Potatoes
Roasted Peppers
Green Salad

