



ITALY

DINNER

[PRINTABLE RECIPE PDF](#)

Italian Saltimbocca alla Romana

Saltimbocca alla Romana is a classic Roman dish that translates to 'jump in the mouth.' It embodies the essence of Italian cuisine with its simple yet bold

PREP

15 min

COOK

20 min

SERVINGS

4

DIFFICULTY

Medium

SHOPPING LIST

Ingredients

- **4 slices** veal cutlets - thinly sliced
- **4 slices** prosciutto - preferably Parma
- **8 leaves** fresh sage - whole leaves
- **1 cup** dry white wine - for deglazing
- **2 tablespoons** butter - for frying
- **2 tablespoons** olive oil - for frying
- **salt to taste** - for seasoning
- **pepper to taste** - for seasoning

WHY THIS WORKS

About this recipe

A printable Italian Saltimbocca alla Romana recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Saltimbocca alla Romana is a classic Roman dish that translates to 'jump in the mouth.' It embodies the essence of Italian cuisine with its simple yet bold flavors, showcasing the use of fresh ingredients like veal, prosciutto, and

ORIGIN & TRADITION

Mediterranean context

Saltimbocca alla Romana is a classic Roman dish that translates to 'jump in the mouth.' It embodies the essence of Italian cuisine with its simple yet bold flavors, showcasing the use of fresh ingredients like veal, prosciutto, and sage, which are staples in Roman cooking. Traditionally enjoyed as a family meal or during special occasions, it reflects the Italian philosophy of savoring good food in good company.

METHOD

Step-by-step instructions

1

Lay out the veal cutlets on a clean surface, and season them lightly with salt and pepper. Place a slice of prosciutto on each cutlet, followed by two sage leaves. Secure them with a toothpick or kitchen twine.

2

In a large skillet, heat the olive oil and butter over medium heat. Once hot, add the prepared cutlets, cooking for about 3-4 minutes on each side until golden brown. Remove the cutlets and deglaze the skillet with white wine, scraping up any browned bits. Return the cutlets to the pan to let them soak up the sauce for another minute before serving.

CHEF'S TIP

For an authentic flavor, make sure to use high-quality ingredients, especially the prosciutto and fresh sage, which greatly enhance the dish's overall taste.

NUTRITION PER SERVING (EST.)

Calories	350 kcal	Fat	20 g
Protein	35 g	Fiber	0 g
Carbohydrates	2 g	Sodium	800 mg

SERVING SUGGESTION

Serve Saltimbocca alla Romana with a side of creamy polenta or sautéed greens, and pair with a glass of crisp white wine to elevate the dining experience.

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