

## living on the coast recipe cards- veal & mushroom



### ingredients.

veal steak  
crushed garlic  
300gm mushrooms  
chopped Italian parsley  
cream  
white wine  
sate/pepper

### method.

dust veal in flour place in hot pan. cook each side for approximately 1-2 minutes. add chopped mushrooms, sauté with veal for 1-2 minutes, add parsley, salt & pepper. add a splash of white wine to the pan & simmer. add ¼ cup of cream, add cook and reduce until sauce is nice and thick. check seasoning, if fine serve with seasonal vegetables or salad.



Throughout series one and two we have been travelling to locations on the coast cooking up some great dishes. Adam has been showing you some of his favourites from the award winning Trevi's menu.

Our cooking segment is proudly sponsored by the Trevi fountain restaurant you can visit [www.trevifountain.com.au](http://www.trevifountain.com.au) or ph adam 02 44230285 in business hours if you require any advice or to make a booking for dinner the next time you are in the shoalhaven