

Beef medallions with ham and sage *(Meat main dishes)*



Preparation

Flatten the slices of meat on chopping board with a meat hammer, and rest half a slice of ham and a sage leaf on each. Fix the ham and meat together with a toothpick. Melt the butter in a pan and add then add the meat, seasoned with a little salt and pepper. Brown the meat over a high heat on both sides, a little less on the ham side, pour in the white wine and let it evaporate. Arrange the saltimbocca on a serving dish, add two tablespoons of water to the cooking juices and drizzle over the saltimbocca. Serve immediately.

Tips

To really enjoy and enhance the taste of this meat course, you should accompany it with a lovely side dish of vegetables such as peas, carrots and potatoes, and a white wine - even better if this is the wine you have used to soften the meat. By doing so there will be a harmony of flavours between food and drink.

Trivia

The origins of the beef medallions known as 'saltimbocca alla romana' are certainly in the city of Rome, but since the nineteenth century onwards have spread throughout Italy. Even Pellegrino Artusi talked of this dish during the 1800s, and it seems to have been first enjoyed in the historic Roman inn 'The Venetian', and thereafter other typical Roman restaurants started serving it.

Information

Preparation 20 minutes

Total Time 30 minutes

Serves X Serves 4 persons

Level of difficulty Easy

la terra di Puglia



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Ingredients

Beef (8 slices of beef fillet)

Parma ham (8 slices of parma ham)

Sage (8 sage leaves)

Butter 40 grams

White wine 200 millilitres (Dry)

Salt

Pepper