

# Gypsy Schnitzel

Zigeunerschnitzel

Schnitzel with bell peppers and paprika sauce



## Ingredients:

4-6 thin boneless veal or Pork slices  
Go here to see how to pound a schnitzel  
1 c flour  
1/3 cup olive oil

## The Peppers and Sauce:

1 Green Bell Pepper  
1 Red Bell Pepper  
1 Yellow Bell Pepper  
1 Portabella Mushroom  
1 medium size onion ( I used purple)  
6 cloves garlic minced  
1 Tablespoon Hungarian Paprika ( mild or spicy)  
1 cup red wine  
2 tablespoons tomato paste  
1 cup beef or chicken stock  
2 teaspoon capers  
salt and pepper



When I see the colored bell peppers on sale that is when I like to do this dish. You can of course use any combination of peppers and in a pinch canned roasted peppers will work as well.



I don't cut the pepper in half and then scoop the seeds out with my hand; I just cut down the sides of the pepper like so .I then cut the bottom, and the top off.



Then with the red pepper. With these flat cuts I have the advantage of working with flat object as opposed to a pepper cup.





The yellow pepper was a funny shape but it worked just fine.



Then I cut strips. I Julienne the pepper or cut it into strips. I want the strips all to be similar length so I cut it at an angle so they are about 2 - 2 1/2 inches in length.

I repeat this step with the other bell peppers



I scooped out the black ribs of the Portabella with a spoon before I sliced the mushroom.

This step is optional but it keeps the color of your sauce nice. The black ribs can sometimes bleed out into the sauce and make it too dark.



Here are the completed vegetables ready to go. You can see I cut the onion, I did not show you that step you just cut the onion in half from top to stem, peel and slice.



Here I lightly breaded the veal slices (you can also use pork loin). I took a cup of flour and put it on a plate and dipped the slices into the flour and laid them on another plate. Then I sprinkled them with some Hungarian paprika.



Brown the veal or pork slices in about 2 tablespoons of olive oil and reserve them to a plate.





Add the minced garlic and a bit more oil and lightly sweat till you can smell the garlic.

Don't turn away from the pan as the garlic cooks.

It can burn too easy.



Add the paprika and continue to finish cooking the vegetables till tender. Do not over cook them or they will lose their color.



Here I added the wine, tomato paste , the stock and the capers and I brought it to a simmer.



Next I added the veal slices and simmered for a few minutes for the flavors to blend.  
Then I checked the flavor for salt and pepper.





Serving is simple, lay two slices of meat on each plate and top with vegetables, then spoon the remaining sauce over the top. I served this with Yukon gold potatoes and steamed broccoli. Dumplings, spaetzles or noodles also work well with this.