**Veal Carciofi (Serves 2)**

4-6 pieces of fresh veal scallopini

4 baby bella mushrooms

4 artichoke hearts

3 turned carrots (you can buy or turn them yourself)

10oz veal stock

2oz dry white wine

1/4oz rosemary (can use dry-fresh better)

1/4oz thyme(can use dry-fresh better)

1/4oz parsley (can use dry-fresh better)

All purpose Flour

3oz of cold butter (unsalted butter)

-Marinade artichoke hearts in herbs overnight in herbs, 1oz wine and olive oil

-Grill artichoke hearts or saute on high heat until slightly charred

-Dredge veal in flour and briefly saute in butter, remove from pan and set aside

-In same pan saute sliced Portobello and artichokes

-Blanch turned carrots in water until they are softened slightly, you want to be able to stick a knife in the thickest part of the vegetable with no resistance.

-Deglaze pan with wine and reduce

-Put veal back in pan

-Add veal stock, reduce

-Finish the sauce by removing the pan from heat and adding butter