

Authentic Wiener Schnitzel

September 9 is designated as National Wiener Schnitzel Day. What is Wiener Schnitzel?

“Wiener” (pronounced VIEN-er) means “Viennese” or “from Vienna” in Austria. The German word Schnitzel (pronounced SH-nit-sel) means a cutlet without bones. Wiener Schnitzel is made when a cutlet of veal is pounded until thin and tenderized; then, the cutlet is dredged in flour, egg, and breadcrumbs and fried until golden. In Austria, a traditional dish, Wiener Schnitzel, is traditionally paired with a lemon slice, lingonberry jam, and a potato salad or other potatoes with butter on the side. "Spätzle," which are German egg noodles, is also a common accompaniment. Schnitzel sandwiches are also a popular way to serve the meat.

Traditional Wiener Schnitzel is made with veal cutlets. In Austria, the name "Wiener Schnitzel" is even protected by law! The name is legally protected, and any schnitzel called Wiener Schnitzel must be made from veal. Schnitzel can be made out of pork chops (Schweineschnitzel), turkey cuttlets (Putenschnitzel) or chicken breast (Hähnchenschnitzel). Schnitzel with toppings and sauces might be served with breadcrumbs or unbreaded in restaurants. If you prefer one or the other variant, just ask how it will be served.

In addition to different types of meat, a schnitzel can also be served with a topping. Here are some of the most common schnitzel toppings:

- Jägerschnitzel – is topped with mushrooms in a dark gravy or creamy sauce.
- Zigeunerschnitzel – features a spicy tomato sauce, with red peppers, mushrooms, and onions.
- Zwiebelschnitzel - covered with fried onions or an onion sauce
- Rahmschnitzel – is covered in a pepper-cream sauce.

There are some disagreements between Austrian and Italian culinary experts and historians regarding where Wiener Schnitzel originated. Some historians say two separate branches of the royal Hapsburg, one from Austrian and one from Italy, both claim family claim to be the Schnitzel's originators. The Italian side of the family claims to have first served the dish in 1134 in Milan. The Italian variation of Wiener Schnitzel is called Cotoletta Alla Milanese. It is very similar to Austrian

Wiener Schnitzel, except that the Italian version usually contains bones while the Austrian version is boneless.

Other history points to its origins with the ancient Romans, who started tenderizing meat by pounding it and also introduced breaded and fried meat. A similar recipe can be found in a Roman cookbook from the first century. It is likely the ancient Romans then brought the dish to Germany and Austria.

Many Americans mistake sausages for Schnitzel, but actually, the chicken fried steak is probably the closest American version of Schnitzel. German immigrants in Texas get credit for creating chicken fried steak in the 1800s. Another popular variation is the "Cordon Bleu," which fills melted cheese and chopped ham inside the Schnitzel.

A great schnitzel is deceptively simple. Schnitzel does not have to be breaded, but must be pounded thin. The meat should be about 1/4-inch thick before it is cooked. The meat should be tender enough to cut with a fork. The breading must be crispy, never greasy. A squirt of lemon is essential for the zing of the dish.

While Wiener Schnitzel is on the menu in every restaurant in Vienna, it may be hard to find authentic Wiener Schnitzel in a restaurant in Wyoming. Luckily, you can easily make an authentic version in your own kitchen with this recipe.

Authentic Wiener Schnitzel Recipe from <https://www.thespruceeats.com/wiener-schnitzel-recipe-1447089>

Prep: 15 mins Cook: 18 mins Total: 33 mins

Servings: 4 servings

Ingredients:

4 (5-ounce) veal cutlets (or chicken or pork cutlets)

1/4 cup all-purpose (or brown rice flour)

1/2 teaspoon kosher salt

2 large eggs, well beaten

1/2 cup breadcrumbs

Oil or lard, for frying

4 slices lemon, garnish

Directions:

Gather the ingredients.

While pounding the meat, place the cutlets between sheets of plastic wrap for easier cleanup. Use a heavy, flatsurfaced pan to pound if you don't have a meat mallet.

Pound the meat evenly to 1/4-inch thickness for best results.

To bread the schnitzels, set up 3 shallow dishes: Mix the flour and salt in the first dish, the beaten eggs in the second dish, and the breadcrumbs in the third dish.

In a large skillet, heat at least 1/4-inch of oil to 350 F. This takes about 8 minutes.

Working one at a time, dredge cutlets first in flour until the surface is completely dry.

Dip in egg to coat, allow the excess to drip off for a few seconds.

Then roll quickly in the breadcrumbs until coated. Do not press the breadcrumbs into the meat, as this will moisten them and not make for a crispy coating. The crust should not adhere completely but form a loose shell around the Schnitzel.

Immediately place meat in the pan with the hot oil. Do not crowd the pan. Cook the Schnitzel in batches, if necessary.

Just make sure to allow enough time between batches to allow the oil to come back up to 350°F.

Fry the Schnitzel for 2 to 3 minutes on one side, until golden brown. Make sure the breaded meat "swims" in fat.

Contrary to instinct, the breading will take on less oil than if the meat is sticking to the pan. Also, the breadcrumb topping has a chance to puff up a little, and your cleanup is easier. You may want to swish them around a little with your fork to make sure they are not sticking to the pan.

Turn them over once and fry an additional 2 to 3 minutes or until both sides are golden brown and the meat registers an internal temperature of 145°F. Remove from pan and allow the oil to drain off.

Serve in the traditional manner with lemon slices, as well as potato salad, cucumber salad, or fries. Enjoy.

Tips

As with many simple recipes, the quality of the ingredients is what will make or break your experience. Buy the best quality meat and ingredients that you can afford.

Even if you can buy or cut a very thin cutlet, it's important to pound your meat before breading. In addition to making meat thinner, pounding meat also tenderizes it.

Avoid old oil or less-than-perfect meat and watch your Schnitzel carefully to avoid burning.

While Wiener schnitzel is a dish best eaten right after cooking, many people enjoy turning leftover cutlets into a sandwich. Once cool to room temperature, refrigerate the Schnitzel in an airtight container; reheat gently and eat it within three days.

https://kids.kiddle.co/Wiener_schnitzel <http://www.schnitzelfestnh.org/history-of-wiener-schnitzel/>

<https://www.visitingvienna.com/eatingdrinking/food/wiener-schnitzel/>