

TURKEY ESCALOPE, SLOW COOKED

Escalope slow cooked free range turkey
Roast chestnuts, smoked bacon, asparagus, brandy & gorgonzola

Ingredients:

- 4 x 150g pieces turkey steak breast vacuumed with thyme, butter, garlic & rosemary
- (ask your butcher to do this)
- 12 x cooked peeled chestnuts
- 150g diced smoked bacon
- 1 x bunch asparagus diced
- 4 shallots peeled and sliced
- 4 cloves garlic chopped
- 150ml turkey stock or chicken stock reduced to syrup approx 50ml
- 100g gorgonzola
- 50 ml thickend cream
- 50ml brandy
- Butter and chicken stock for basting the turkey after its been cooked in the bag

Method

Sous Vide the turkey breast by dropping the vacuum packed breast steaks into a pan of water heated to approximately 59*c use a thermometer if available to test the temperature. Try to keep the temperature at around the 59*c by returning the pot to the stove and checking the temperature.

Leave the turkey parcels in the water for at least 30 mins.

Remove from the pouches and season with salt & pepper



Heat a non stick frying pan to medium heat and add a little olive oil. Add the turkey breast steak and cook with a little colour for about 2 minutes either side.

Remove from the pan and rest for 5 mins

Meanwhile sauté the shallots, bacon, chestnuts and asparagus in the same pan till golden brown.

Deglaze the pan with the brandy and burn off the alcohol. Add the stock, cream and gorgonzola and cook till all the ingredients have formed the sauce. Try not to boil as the cheese will split the sauce

Pour over the turkey breast and sever with Christmas veggies, sweet potato puree or polenta



MALAYSIAN TURKEY BREAST

Malaysian Turkey Breast, Saffron Potatoes, Cracked Wheat Salad, Pickled Asparagus, Serves 8-10

Ingredients:

- 8x 250g turkey breast steaks

Marinade

- ½ cup olive oil
- ¼ cup oyster sauce
- 3 tablespoons rice wine vinegar
- 3 tablespoons sesame oil
- 2 tablespoons soy sauce
- 1 tablespoon fish sauce
- 1 tablespoon crushed dried chilli

In a large bowl whisk the olive oil, oyster sauce, rice wine vinegar, sesame oil, soy sauce, fish sauce & chilli.

Remove ¼ cup of the marinade and set aside for the coating sauce
Marinate the turkey breast, making sure they are completely covered
Cover and refrigerate for at least 3 hours or over night

Coating sauce

- ½ cup Dijon mustard
- ½ cup soy bean chilli paste
- ¼ cup of the reserved marinade

Whisk together all the above ingredients and add the reserved marinade mix

Brioche Topping

- 2 x cups brioche crumbs or fresh bread crumbs
- 1 x tablespoon finely grated ginger
- 4 x cloves finely grated garlic
- 1 x stalk of lemon grass finely chopped, white part only
- 3 x kaffir lime leaves finely chopped



- 1 tablespoon fresh coriander finely chopped
- 8 x large mint leaves finely chopped
- 1 tablespoon smoked paprika
- 1 teaspoon ground turmeric powder

Mix all ingredients together and keep to one side

The salad

- 300g cooked cracked wheat
- 1 x large or 2 small bunches continental parsley chopped parsley
- 1 x large or 2 small bunches chopped coriander
- 1 cup Feta cheese crumbled
- ½ toasted sunflower seeds
- ½ roasted pistachios
- Olive oil
- Salt & pepper

Mix together last minute

Saffron Kipflers

- 4-5 Kipfler potatoes cooked and skinned per person
- ¼ teaspoon saffron
- ¼ teaspoon turmeric powder
- Drizzle olive oil
- 1 tablespoon butter
- Salt & pepper
- 1 teaspoon chopped parsley and coriander

Heat the olive oil in a non-stick frying pan and add the peeled potatoes.

Cook gently for a few minutes without too much colour

Add the turmeric and saffron along with the salt and pepper and finish with the butter

Saffron yoghurt

- 1 tub plain yoghurt
- ¼ teaspoon saffron powder
- 1 tablespoon honey

Mix together



Pickled Asparagus

- 500ml white vinegar
- 500g sugar
- 1 bay leaf
- 2 cloves garlic finely sliced
- 2 star anise
- 3 bunch asparagus finely shredded

Boil together and pour over the asparagus and leave over night to pickle

To serve

Remove turkey breast from marinade and leave to drain.

Pan sear the turkey breast till lightly coloured on both sides, approximately 3-4 mins on each side

Brush the turkey breast with the coating mix and top with the breadcrumb mix.

Place the turkey in the oven with the potatoes and cook for 5-8 mins on 170*c

Meanwhile mix all the ingredients together for the salad and arrange in a serving dish.

When the turkey comes out place the meat on top of the salad and arrange the potatoes around the outside.

Drizzle the saffron yoghurt over the turkey and serve the asparagus on the side to share

