

TURKEY BREAST WITH APRICOT, SAGE AND MACADAMIA NUT STUFFING

EQUIPMENT

CHEFS KNIFE, CARVING KNIFE, CLING FILM, PERFORATED AND SOLID BAKING TRAY, CAKE OR COOLING RACK, FOOD PROCESSOR, MEDIUM SIZE FRY PAN, MEAT Mallet OR ROLLING PIN, BUTCHERS TWINE

INGREDIENTS

1 X SKIN ON TURKEY BREAST, 2 PEELED SHALLOTS, ½ PRESERVED LEMON, 30 SAGE LEAVES, 50GM MACADAMIA NUTS, 50GM DRIED APRICOTS, 1 EGG WHITE, 50-70GM THICKENED CREAM, 20 FENNEL SEEDS, SALT FLAKES, PEPPER, EXTRA VIRGIN OLIVE OIL

METHOD

PLACE THE FENNEL SEEDS INTO THE FRYPAN AND TOAST OVER MEDIUM HEAT ON THE STOVETOP UNTIL FRAGRANT.

FINELY SLICE THE DRIED APRICOTS AND PLACE THEM IN A MEDIUM SIZE MIXING BOWL AND SET ASIDE. FINELY DICE THE SHALLOTS AND SET ASIDE ALSO.

ONCE THE FENNEL IS TOASTED REMOVE FROM THE PAN AND PLACE INTO THE BOWL WITH THE APRICOTS.

ADD SOME EVOO TO THE FRYPAN AND ADD THE SHALLOTS, SAUTÉ THE SHALLOTS OVER MEDIUM HEAT UNTIL JUST BEGINNING TO COLOUR.

REMOVE THE PITH FROM THE PRESERVED LEMON AND RINSE THE SKIN, FINELY DICE THE SKIN AND PLACE IT IN THE BOWL WITH THE APRICOTS.

ONCE THE SHALLOTS BEGIN TO COLOUR ADD THE SAGE LEAVES AND MACADAMIA NUTS TO THE PAN AND COOK FOR A FURTHER 2 MINUTES. ONCE COOKED PLACE THE SHALLOT MIX WITH THE APRICOT MIX AND SET ASIDE.

REMOVE THE SKIN FROM THE TURKEY BREAST AND SET ASIDE, REMOVE THE SMALL FILLET FROM THE BREAST AND SET ASIDE ALSO. SLICE AWAY ANY SINEW FROM THE BREAST AND DISCARD. CUT OFF ABOUT 5CM OF BREAST MEAT FROM THE THIN END OF THE BREAST AND SET ASIDE WITH THE FILLET.

CLEAN AND DICE THE FILLET AND “OFF CUT” OF THE BREAST MEAT INTO 5CM CUBES AND ADD IT TO THE BOWL OF A FOOD PROCESSOR AND BLITZ UNTIL JUST MINCED. ADD SALT, PEPPER AND 1 EGG WHITE TO THE TURKEY MINCE AND BLITZ AGAIN UNTIL JUST COMBINED. NEXT ADD CREAM TO THE TURKEY MINCE AND BLITZ AGAIN UNTIL COMBINED.

REMOVE THE TURKEY MINCE FROM THE FOOD PROCESSOR AND TRANSFER IT TO A LARGE MIXING BOWL. ADD THE APRICOT AND MACADAMIA NUT MIX TO THE TURKEY MINCE AND MIX THOROUGHLY, ADD A LITTLE EXTRA SEASONING AND SET ASIDE.

BUTTERFLY OPEN THE TURKEY BREAST AND PLACE IT IN BETWEEN 3-4 SHEETS OF CLING FILM. USING A MEAT Mallet OR ROLLING PIN FLATTEN OUT THE BREAST INTO A LARGE RECTANGLE SHAPE ABOUT DOUBLE THE SIZE OF THE ORIGINAL BREAST.

REMOVE AND DISCARD THE CLING FILM AND SPOON THE TURKEY MINCE MIXTURE OUT ONTO THE BREAST EVENLY LEAVING 2-3CM AROUND ALL THE EDGES.

STARTING AT THE SHORTEST EDGE OF THE RECTANGLE SHAPED BREAST ROLL THE BREAST UP INTO A TIGHT SAUSAGE AND SET ASIDE.

PLACE 4 LARGE SHEETS OF CLING FILM ON TO THE BENCH TOP.

PLACE THE TURKEY SKIN BACK ON TOP OF THE ROLLED BREAST AND WRAP THE TURKEY ROLL UP IN THE CLING FILM INTO A TIGHT EVEN SAUSAGE.

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TIE THE ENDS OF THE CLING FILM UP WITH BUTCHERS TWINE AND TRUSS THE ENTIRE TURKEY ROLL WITH BUTCHERS TWINE TO ENSURE THE SHAPE IS KEPT WHILE COOKING.

NEXT WRAP THE TURKEY SAUSAGE IN FOIL AND PLACE THE TURKEY ONTO A PERFORATED BAKING TRAY AND INTO A PRE-HEATED OVEN STEAM SETTING 80° C FOR 1.5 HOURS

ONCE THE TURKEY HAS STEAMED REMOVE FROM THE OVEN AND LEAVE TO REST FOR 15 MINUTES.

AFTER RESTING REMOVE THE FOIL, BUTCHERS TWINE AND CLING FILM. PLACE THE TURKEY ON A CAKE RACK OVER A SOLID BAKING TRAY AND DRIZZLE THE SURFACE WITH EVOO AND SEASON WITH SALT FLAKES. RETURN THE TURKEY TO A PRE-HEATED OVEN COMBI SETTING 220° C FOR 15-18 MINUTES TO ROAST.

ONCE ROASTED REMOVE FROM THE OVEN AND REST FOR A FURTHER 10 MINUTES THEN SLICE INTO MEDALLIONS AND SERVE.

HINTS & TIPS

- THIS IS A GREAT OPTION FOR A CHRISTMAS LUNCH OR DINNER, THE TURKEY CAN BE STEAMED ONE DAY IN ADVANCE THEN ROASTED BRIEFLY ON CHRISTMAS DAY FOR A NO FUSS LUNCH OR DINNER.
- IF YOU HAVE A "MEAT PROBE" WITH YOUR COMBI STEAMER SET THE INTERNAL TEMPERATURE FOR THE MIDDLE OF THE TURKEY BREAST WHILE STEAMING TO 68° C