

Slow Roasted Turkey Breast

Veggie preparation can be done the day before and kept in the fridge, oiled & seasoned.

Ingredients

- ❑ 2 kg¹ turkey breast boned & rolled (Approx 200g per head)
- ❑ 150g each diced onion, carrot, celery (Goes beneath turkey during cooking, use for sauce at end)
- ❑ 500g pumpkin - Cut² in 50g pieces (walnut size) for even cooking, keep skin on
- ❑ 500g carrot - Cut in $\frac{1}{2}$ then $\frac{1}{4}$
- ❑ 500g parsnip - Cut hearts out for better flavour
- ❑ 10 small Kipfler potatoes, skin on, brush well and slice in half (Can use Chat, cut into $\frac{1}{4}$'s)
- ❑ 10 whole shallots (or small baby onions) skin on
- ❑ 10 garlic cloves
- ❑ 2 brown onions, peeled and cut into quarters
- ❑ Thyme
- ❑ Rosemary
- ❑ Bay leaves
- ❑ Oregano - Whole, not chopped
- ❑ Sea salt
- ❑ Freshly ground pepper
- ❑ Olive oil
- ❑ Butter
- ❑ Brandy, Red wine
- ❑ Spiced honey glaze (See other recipe)

Slow cooking will prevent drying & shrinking.

Method

- ❑ Roll turkey in pan of butter/oil, season and seal all sides in a very hot roasting pan, put aside. All colour comes here, not in the slow oven during baking.
- ❑ Sauté the diced onion, carrot and celery
- ❑ Leave vegetables in the roasting pan and add the other onion
- ❑ Coat the turkey with the herbs and place on top of the vegetables, sprinkle with more herbs if necessary.
- ❑ **Up to this point may be done the day before**
- ❑ Pour half the honey glaze on the turkey and bake in a mod oven 120/150°C for 1.5-2hrs³ while continuing to glaze turkey from time to time until all glaze is used.
- ❑ Remove the turkey when cooked and wrap in plastic wrap and then tin foil to keep warm and seal in juices. Discard the vegetables.

¹ Maximum turkey size is 2kg – if larger, it will dry out

² Safety Tip – Always place a tea towel over the knife and hold in place over point of the knife

³ If using a cooking thermometer, turkey is cooked when core temperature is 62°C

- ❑ Place the roasting tray on top of the stove and deglaze with a splash brandy & a good quality red wine
- ❑ Bring to the boil and add 800 ml of beef stock, reduce by 2/3 (about 15 minutes) and pass through a fine sieve [2 or 3 times]. Finish by whisking in a few spoons of fresh butter. You can add red wine/port here or cranberry/sugar mix if you like.
Do not allow the sauce to boil once the butter goes in.
- ❑ Meanwhile, toss the remaining vegetables (pumpkin, carrot, parsnip, garlic, shallots & potato) in olive oil and season with salt & pepper. Bake in a separate pan at 180-200°C until cooked through, approximately 30min. These vegetables can be prepared a day in advance.

To Serve

- ❑ Slice the turkey. Place the vegetables on a large serving platter and top with turkey and stuffing.
- ❑ Serve with gravy and cranberry sauce.
- ❑ If reheating the stuffing, remove glad wrap first and allow plenty of time for it to warm right through.