

Dry-Brined Turkey Breast with Cranberry Green Peppercorn Sauce

Phillis Carey cooking class, Nov. 2013



You **MUST** use a bone-in turkey breast for this - sometimes hard to find.

TURKEY BREAST:

4 pounds turkey breasts, meat/skin, R-T-C (not boneless)

1 tablespoon coarse salt

1 tablespoon orange zest, grated

1 teaspoon 5-peppercorn blend, coarsely ground

1 teaspoon dried thyme

1 tablespoon grapeseed oil, or vegetable oil (for browning the breast)

SAUCE:

3 tablespoons unsalted butter

3 tablespoons all-purpose flour

2 cups low-sodium chicken broth

1/2 cup Madeira

1 tablespoon green peppercorns, in brine, drained and crushed

1 cup cranberry sauce (yes, the canned stuff is fine, whole berry style)

Salt to taste (may not need any)

Servings: 8

1. 48 hours before cooking time wash and pat dry the turkey breasts. Combine the salt, orange zest, pepper and thyme in a spice grinder and grind until fine. Sprinkle all over the turkey and place in a resealable bag. Refrigerate for 48 hours, turning and rubbing the salt mixture into the turkey every 12 hours or so.

2. Remove turkey from bag. There should be no salt visible on the surface and the skin should be moist but not wet. Place turkey breasts, skin side up, on a plate and refrigerate uncovered for at least 6 hours.

3. Preheat oven to 400° F. Heat oil in a large saute pan over medium high heat. Add turkey breasts, skin side down and brown 4-6 minutes. Transfer turkey, skin side up, to a parchment lined baking sheet; reserve the pan (and its drippings and brown bits).

4. Roast turkey for 40-45 minutes, or until a meat thermometer registers an internal temp of 160° F (or 165° if you prefer it) in the center of the breast. Remove from oven and cover loosely with foil. Let stand for 20 minutes. In that waiting time, the internal temp will rise to 165° or 170°.

5. SAUCE: Meanwhile, melt butter in the reserved skillet and whisk in the flour. Add chicken broth and Madeira and stir until flour is absorbed. Add green peppercorns (place them in a small plastic bag and pound them with a mallet or flat sided meat pounder until all peppercorns are broken) and cranberry sauce and simmer until thickened. Season to taste with salt and set aside while the turkey breasts are roasting.

6. To serve, cut the turkey breast off the bone (makes it so much easier to slice) and slice across the grain into 1/2 inch slices. Arrange on a heated serving platter and spoon some of the sauce over the turkey. Serve the remaining sauce on the side.

Per Serving (excluding unknown items): 383 Calories; 13g Fat (32.0% calories from fat); 45g Protein; 19g Carbohydrate; 1g Dietary Fiber; 89mg Cholesterol; 1471mg Sodium. Exchanges: 1/2 Grain(Starch); 6 Lean Meat; 0 Fruit; 1 Fat; 1 Other Carbohydrates.

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>