



ITEM

Stuffed Turkey Roulade (Rolled and Stuffed)

YIELDS:

6 portions

INGREDIENTS

12 buns or 2 loaves, day old bread, diced into 2 inch cubes
1/2 cup dried apricots, diced
1/2 cup dried cranberries
16 oz frozen pork sausage, thawed and chopped up, or 10 breakfast sausages, diced
2 stalks of celery, diced finely
1 large onion, diced
4 tbsp butter
1 tsp salt
1/2 tsp pepper
1/2 cup finely chopped pecans
1/2 c finely chopped sage
1/2 c finely chopped parsley
3 cups chicken stock
1 large turkey breast (approx. 2 lbs), with skin on, boneless
2 tbsp olive oil
kitchen string
2 tbsp flour or cornstarch
1/2 c cold water

METHOD:

For Stuffing:

1. Spread the croutons over a baking sheet and leave in the open overnight to dry them out thoroughly or dry in a 200F oven for 30 mins. Then place into a large bowl.
2. Soak the apricots and cranberries in warm water for 5 minutes then drain.
3. Cook sausage meat in very large frying pan, until the meat loses its pink colour.
4. Add the celery and onion and cook slowly for 5 minutes, pouring off any excess fat.
5. Add half of the butter, plus the salt, pepper, apricots, cranberries, nuts and herbs to the pan and cook over medium heat for 2 minutes.
6. Transfer the ingredients into the bowl of dried bread.
7. Pour 1 cup of chicken stock into the mix; the stock should be quickly absorbed by the bread. (If it is too loose add some more stock, if too wet add more bread.)
8. Mix the stuffing and taste, adjust seasoning with salt and pepper.
9. Stuffing can be refrigerated overnight if preparing in advance.



For Turkey Roulade:

1. Preheat the oven to 350 F.
2. Spread out the turkey breast (skin side down) on a cutting board and score the meat in the thickest part of the breast but only in the thickest parts and only half way through the meat.
3. Cover meat with food wrap, and use a meat tenderizer to flatten meat to ½ inch thickness. If you don't have a meat tenderizer, you can smack it with the edge of a clean pot.
4. Remove the food wrap and assemble meat into a rectangular formation.
5. Sprinkle salt and pepper lightly on meat.
6. Carefully place the stuffing in a row along one of the longer edges of the meat leaving about 2 inches of space along the edge.
7. Keep the stuffing together as much as possible as you roll the meat into a tight roll, skin side out.
8. Tie kitchen string around the roll to keep it firmly together and place in a greased baking pan. Spread olive oil on the roulade with a pastry brush.
9. Bake for 1 ½ to 2 hours, uncovered, or until meat reaches a temperature of 165 F, basting from time to time.
10. If making a gravy, deglaze the pan using up the rest of the stock and add a mix of flour or cornstarch and water to thicken. Cook slowly for 5 minutes.
11. Remove the string and slice to serve the roulade with gravy.