

Tournedos of Farmyard Turkey served on a braised Potato Fondant with Creamed Brussel Sprouts, Roasted Winter Vegetables and a Cranberry Jus

Tournedos of Capon (3 Portions)

Ingredients

1 x Breast of Turkey

Chestnut and Apricot Stuffing

60g Quality Sausage Meat
30g Dried Apricots
30g Diced cooked chestnuts
1 egg yolk
1tbsp fresh Breadcrumbs
Salt & Pepper
Grated Nutmeg
1tbspn Chopped Fresh Tarragon

Method

Place the sausage meat in a bowl and add the diced apricots and chestnuts, add the breadcrumbs and egg yolk. Correct the seasoning with the salt, pepper and nutmeg and add the chopped tarragon, refrigerate.

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1. Lay out a square of tin foil shiny side up and brush with a little veg oil.
 2. Lay on turkey skin
 3. Cut open and butterfly the turkey breast.
 4. Roll the stuffing into sausage shape and lay on center of the turkey breast, fold over and roll up.
 5. Wrap inside the turkey skin and wrap in the tin foil turning the ends in alternative directions to tighten.

To Cook – Bring the chicken stock to the boil and place in the turkey, bring back to just under the boil, cover with a lid and gently poach for 20 – 30 minutes or until 70oc remove from the liquid and keep warm.

Cranberry Jus

Ingredients

150-200g	Chicken Carcasses and trimmings - finely chopped
50 ml	Olive Oil
50g	Carrot – diced
50g	Onion - diced
50g	Celery - diced
25g	Dried Wild Mushrooms
15 ml	Balsamic vinegar
1clv	Garlic - crushed
50ml	Tomato fondue
1spr	Thyme
1	Bay leaf
200ml	Madeira
500ml	Veal stock or Brown Chicken stock
30g	Butter
	Salt & Pepper
50 gms	fresh cranberries

Method:

Add the oil to the saucepan and heat. When the pan is hot add the chicken trimmings and brown all over. Remove the chicken from the pan. Add the vegetables and brown.

Add the browned chicken trimmings back into the pan. Add the dried mushrooms and the balsamic vinegar and cook until the liquid has been absorbed then add the garlic and the tomato fondue. Add thyme and the bay leaf then add the Madeira.

Boil and scrape up any sediment and reduce by $\frac{3}{4}$ almost to syrup. Add the stock bring to the boil, skim and simmer until reduced by half. Strain through a chinois into a clean pan. Boil until 200ml remains or coating consistency check seasoning and adjust if necessary. Add the cranberries and re-boil.

Can adjust the sweetness with a little redcurrant jelly.

Fondant potato

3	Large or Baking Potatoes
100g	Butter
50ml	Basic Chicken or Vegetable Stock
	Salt & Pepper

To prepare the fondant potatoes. Cut each peeled potato using the round cutter. With a peeler or sharp knife trim away the sharp edge of the potato. Keep any trimmings for another dish – mash or soup

Butter the base of a pan wide enough to hold the potatoes in one layer.

Add the potatoes and season. Add the stock, bring to the boil then place in the pre-heated oven 160/C.

The potatoes are cooked when they can be pierced with the point of a knife and are golden in color. Brush the tops with melted butter and reserve for service.

Creamed Brussel Sprouts with Pinenuts

200g Brussel sprouts
25g Butter
30g Chopped back bacon or pancetta
25 gms Pine nuts
50 mls Double cream
Salt & Pepper

Method

1. Shred the Sprouts with a sharp knife.
2. Melt the butter in a wide-based pan with a tight-fitting lid and add the diced bacon.
3. Add the shredded sprouts and cover with the lid for 5 minutes.
4. Add the cream and bring to the boil.
5. Season with salt, pepper, and add the pre-roasted pinenuts

Butternut Squash (or Pumpkin) Sautéed in Cumin

Ingredients

160g Butternut Squash – 20mm diced
30g Butter
2g Ground Cumin
Salt & Pepper

Method

Heat a frying pan, melt the butter and add the butternut squash. Cook quickly for 1 minute then dust with the cumin. Transfer to a baking dish and cook for 2 minutes in the oven. Remove and season.