

TURKEY ROULADE

WITH CRANBERRY, APPLE & WILD RICE STUFFING

SERVES 6 | CONTAINS WHEAT & SOY

INGREDIENTS

1 ea.	4 lb. lobe Turkey Breast
2 cups	Wild Rice Mix – cooked and chilled
2 ea.	Granny Smith Apple – diced
1 cup	Dried Cranberries – soaked in hot water
2 tbsp.	Chopped Parsley
3 tsp.	Salt
1 tsp.	Ground White Pepper

DIRECTIONS

1. Prepare rice following package instructions. Soak cranberries for 4 hours and drain before combining with rice.
2. In a bowl combine, wild rice, chopped apple, cranberries, and parsley.
3. Place turkey skin side down on cutting board and filet the breast open until flat. Do not cut pieces of the turkey breast off. Just filet the bigger parts open so that they are flat.
4. Once Turkey breast is fileted, using a meat mallet gently use it to tenderize the turkey breast and to flatten it out so that it is easier to roll. Season turkey with salt and pepper.
5. Spread the rice mixture evenly on the meat side of the turkey breast.
6. Fold in the ends and roll the turkey breast over the stuffing compressing to ensure a tight seal.
7. Use Butchers twine to hold the roulade together. Rub with black pepper.
8. Place the roulade on a sheet tray and bake in a preheated 350-degree oven until reaches an internal temperature of 165 degrees for around 40-45 minutes.
9. Once internal temperature is at least 165 degrees and after about 40-45 minutes, remove from oven and let rest for 10 minutes so that it retains its juices before cutting. Slice roulade and serve.

Serve & Enjoy!

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TURKEY JUS

SERVES 6 | CONTAINS WHEAT & SOY

INGREDIENTS

2 cups	Turkey Stock
¼ cup	Flour, toasted
¼ cup	Smart Balance (butter/spread)
2 tsp.	Soy Sauce
3 sprigs	Fresh Thyme
1 tsp.	Ground White Pepper
1 whole	Bay leaf



DIRECTIONS

1. Place flour in a sauce pan and stir over medium heat until the flour darkens and has a nutty / toasty aroma.
2. Add Smart Balance and whisk to combine. Slowly add turkey stock. Then add remaining ingredients – simmer on low heat for 15 mins.
3. Strain and serve hot.



Serve & Enjoy!

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