

Turkey Breast Medallions with Pan-Roasted Fall Vegetables

Serves 3-5



Turkey Breast Brined in Fat Sparrow Foods Roxy's Rockin' Rub, large chunky cuts of sweet potato, squash, pumpkin, shallot, carrot, potato, garlic, quick pan sauce made with Fat Sparrow Grainy Mustard, cider vinegar, butter and torn herbs, finished with a drizzle of maple syrup and sliced raw jalapeno pepper.

Ingredients:

- 1 boneless skinless turkey breast
- 5 cups of your favourite fall vegetables (e.g. sweet potatoes, squash, pumpkin, carrots, potatoes)
- 8 shallots, peeled
- 2 jalapenos
- 4 oz butter
- 2 cups arugula
- 1 cup parsley leaves whole
- 1 cup basil leaves whole
- 12 cloves garlic
- 1 tbsp grainy mustard
- 2 oz cider vinegar
- 2 oz maple syrup
- 1 cup dill fronds whole
- 2 cups flour
- cooking oil
- salt & pepper
- Fat Sparrow Foods Roxy's Rockin' Rub

Fat Sparrow Foods Roxy's Rockin' Rub:

Equal parts of the following ingredients or whatever you have on hand, no need to buy all new spices! Maple sugar, mustard seed, allspice, caraway, cinnamon ground, dry thyme, garlic powder.



Mise en Place

[Prep 1] Turkey: Brine the turkey, start by cutting the turkey into 1" thick medallions and soak it in the brine for at least 1 hour prior to cooking. The brine should consist of 1.5 tablespoons of Fat Sparrow Roxy's Rockin' Rub and 2 tablespoons salt, dissolved into enough cold water to cover the turkey.

[Prep 2] Fall Vegetables: Peel and chop the squash, pumpkin, sweet potato, potato and carrot. I like big chunky cuts and ones that reflect the overall shape of the vegetable. Try to achieve uniformity with each individual vegetable, but it's nice when each vegetable has a unique shape or cut. Keep the cuts no bigger than 1" thick so they cook uniformly and in time.

[Prep 3] Shallots: Leaving the shallots whole, cut to tops and bottoms off and peel the skin.

[Prep 4] Garlic: Peel the garlic by gently smashing each clove with the side of a chef's knife, removing the skin and set aside.

[Prep 5] Herbs: Wash and dry the herbs

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READY TO COOK

1. Place your cast iron pan on medium-high heat, allow at least 5 minutes for it to heat up
2. Let's start with the turkey, begin by removing the turkey from the brine and setting it on some paper towels to dry slightly, you can skip the drying and go right into the dredge if you prefer a thicker crust. Next prepare the dredge by mixing the flour with a tablespoon of Roxy's Rockin' Rub or simply salt and pepper. Add 1 oz of butter and 1 tablespoon of oil to the pan and allow it to heat. Carefully place the dredged turkey medallions into the pan, let each piece sit for 2-3 minutes before attempting to flip, allowing it to brown and crisp nicely. Repeat this on the other side of the medallions.
3. Once the turkey is browned on both sides, remove it to a plate lined with a paper towel and set aside. Add the shallots and garlic cloves to the pan along with an additional splash of oil, season with salt and cook until the garlic begins to brown and caramelize. Add the remaining fall vegetables and continue to cook until the vegetables begin to soften and brown, this will take 5 minutes or more.
4. Once the vegetables begin to soften, add the turkey medallions back to the pan and gently bury them under some of the vegetables. Place the pan in the preheated oven and cook until the vegetables and turkey are cooked through, this will take 15-20 minutes.
5. In the meantime prepare the herbs and jalapeno, for the herbs simply tear them into smaller pieces, using your fingertips and not a knife. For the jalapeno simply slice it into very thin coins, if you do not like it spicy cut the pepper in half and remove the seeds before slicing, if you like it a little spicy soak the sliced coins in cold water after slicing, this will remove some, but not all of the seeds.
6. Once the turkey and vegetables are all cooked through, remove the turkey from the pan, add the arugula and mix it into the hot vegetables, then remove that too and arrange it all on a platter with the turkey or on individual plates and set the pan back on medium-high heat to make the sauce.
7. To create our pan sauce begins by "deglazing" the pan by adding the vinegar and an equal amount of water plus the grainy mustard, use a wooden spoon to scrape up any bits stuck to the pan and reduce this mixture by $\frac{1}{3}$. Turn off the heat and add the remaining 3oz of butter, using a spoon mix the butter until it has melted and emulsified into the vinegar reduction. Check the sauce for seasoning and adjust as desired.
8. Spoon the sauce over the platter, drizzle with maple syrup and top with the torn herbs and jalapeno pepper slices and enjoy right away!