

ROLLED TURKEY BREAST

A centerpiece for your Christmas feast! This is bound to impress your guests.

NORMAL	20MIN	1HR	8

Ingredients

- 2 kg turkey breast skin on, butterflied
- 50 g butter

For the gravy

- 250 ml chicken stock
- 1 tbsp butter softened
- 1 tbsp flour

For the stuffing

- 150 g couscous
- 50 g butter
- 2 tsp chicken stock powder
- 1/3 cup parsley, chopped
- 50 g dried apricots, chopped
- 20 g currants
- 25 g pistachios, chopped
- 1/2 onion, diced

Instructions

1. In a saucepan over medium heat, add butter and onions and saute till translucent. Stir through the couscous, apricots, currants, pistachios, chicken stock powder and add ¾ cups of boiling water. Stir to combine. Immediately cover and turn off heat and leave to stand for 5-10 minutes. Once liquid is fully absorbed, fluff with a fork, add parsley, season to taste and set aside to cool.
2. Preheat the oven to 180C. Lay turkey breast flat on a chopping board and place couscous stuffing down the centre of breast. Roll it up tightly and tie with kitchen string and season with salt and pepper.
3. In a large fry pan over medium high heat, drizzle some olive oil, and add the butter. When butter is foaming, place the rolled turkey skin side down. Cook on each side for 2-3 minutes or until brown, basting with the butter in the pan throughout.
4. Once browned, place the turkey on a baking tray. Cover with foil and cook for 1 hour. To check if it's cooked insert a metal skewer in the centre, it should be very hot and the juices should run clear when removed.
5. Remove from the oven and transfer the turkey breast to a serving plate to rest covered with foil. Place the roasting tray over medium heat, deglaze with chicken stock and reduce by half. To thicken, in a small bowl mix butter and flour to form a paste. Gradually whisk in the paste a little at a time to the sauce, continue adding till you reach your desired thickness of gravy.
6. Remove string from turkey and slice. Serve with gravy