

Breast turkey, Savoy cabbage, Ginger, Mustard seeds

Recipe for 12 Tapas



Description

Slices of Quebec turkey marinated and roasted, served with savoy cabbage cooked with ginger and pickled mustard seeds.

Note

Make sure not to overcook the turkey as it is a very lean cut of meat, so overcooking will lead to a dry or chewy result.

Ingredients

Turkey

- 600 Gr Turkey breast
- 1 Unit(s) Orange
- 0.50 Cup(s) Soy sauce
- Salt and pepper
- Vegetable oil

Pickled mustard

- 2 Tbsp Mustard seeds
- 100 Ml Rice vinegar
- Salt and pepper
- Vegetable oil

Preparation

- Preparation time **45 mins**
- Preheat your **four** at **400 F°**

Preparation

Savoy cabbage

- 0.50 Unit(s) Savoie cabbage
- 1 Unit(s) Carrot
- 1 Unit(s) Onion
- 3 Clove(s) Garlic
- 1 Piece(s) Fresh ginger
- Salt and pepper
- Vegetable oil

Garnish

- 1 Handful(s) Fresh cilantro
- Salt and pepper
- Vegetable oil

Cut the turkey into slices. Juice the orange. Finely slice the cabbage and onion. Peel and cut the carrots into small matchsticks. Peel and mince the garlic and ginger. Finely slice the cilantro.

Pickled mustard seeds

In a sauce pot, combine the mustard seeds and rice wine vinegar. Bring to a boil and simmer for 5 minutes. Let rest for 10 minutes before serving.

Turkey

Combine the soya sauce and orange juice. Pour this mixture onto the turkey slices. Let marinate for 30 minutes. Remove the excess marinade. In a hot skillet with oil, sear the turkey slices. If thick, finish cooking them in the oven until you reach an internal temperature of 72°C. Let rest for 2 minutes before cutting.

Savoy cabbage

In a hot large skillet with oil, cook the carrots and onions. After 1 minute of cooking, add the cabbage and cook for another 2 minutes. Add the garlic and ginger. Season to taste before serving.

Plating

In your serving dish, place a bed of cabbage. Top the cabbage with the turkey slices and garnish with the pickled mustard and cilantro leaves.

Bon appétit!