



STUFFED TURKEY

EQUIPMENT:

PLASTIC WRAP
THERMOMETER
MEAT TENDERIZER
OVEN & BAKING TRAY
KNIFE & CUTTING BOARD

INGREDIENTS:

1 FL. OZ. VEGETABLE OIL
8-12 OZ. STUFFING
1 LARGE TURKEY BREAST (SEE PREVIOUS STUFFING
-YOU CAN ALSO SUB THE RECIPE AND USE THE
TURKEY FOR 2-3 LARGE TRADITIONAL HHF PESTO)
CHICKEN BREASTS. SALT & PEPPER

METHOD:

FIRST

SLICE THE TURKEY BREAST IN HALF LENGTHWISE AS IF YOU ARE BUTTERFLYING THE BREAST UNTIL YOU HAVE TWO PIECES OF MEAT.

THIRD

LAY A NEW PIECE OF PLASTIC WRAP ON YOUR CUTTING BOARD THAT IS AT LEAST 2FT. LONG. PLACE BOTH PIECES OF MEAT AND LAY THEM SIDE BY SIDE SO THAT THEY OVERLAP BY 1/2IN. AND ARE IN THE GENERAL SHAPE OF A SQUARE OR RECTANGLE.

FIFTH

ONCE FIRM, DISCARD THE PLASTIC WRAP AND PLACE THE TURKEY LOG ON A BAKING SHEET. OIL THE LOG AND SEASON WITH SALT AND PEPPER. BAKE IN A 375 DEGREE OVEN UNTIL THE CENTER OF THE LOG READS 165 DEGREES ON A DIGITAL READ THERMOMETER. REST THE LOG FOR AT

SECOND

SANDWICH ONE OF THE PIECES OF BREAST IN BETWEEN TWO PIECES OF PLASTIC FILM THAT ARE AT LEAST TWICE THE SIZE OF THE BREAST IN EITHER DIRECTION. USING THE TENDERIZING Mallet, GENTLY FLATTEN THE BREAST AS EVENLY AS POSSIBLE UNTIL THE ENTIRE BREAST IS 1/4INCH THICK. REPEAT THIS PROCESS WITH THE OTHER HALF OF THE BREAST.

FOURTH

PLACE A LINE OF STUFFING DOWN THE CENTER OF THE MEAT WITHIN AN INCH OF EACH EDGE. USING THE PLASTIC WRAP, TIGHTLY ROLL THE MEAT AND STUFFING INTO A FIRM LOG. PLACE IN THE REFRIGERATOR FOR AN HOUR TO FIRM. TURN ON THE OVEN TO 375.