



CARIBBEAN SPICED SOUS-VIDE TURKEY WITH RED CABBAGE-WALNUT SALAD



Serves 4 - 6

INGREDIENTS

For the turkey:
1.5 kg turkey thigh with bone
Caribbean spices
(spice mixture, see recipe)

For the sauce:
90 g ketchup
50 g hot mustard
1 - 2 tablespoons honey
Approx. 1 teaspoon Caribbean spices
1 organic lime
1 - 2 tablespoons brown rum

PREPARATION

Debone the turkey thigh. Rub a generous amount of Caribbean spices into the skin and meat sides of the turkey. Place the turkey in a vacuum bag and vacuum out the air at setting 3. Place it in the steam oven on shelf level 2 and cook for 3 hours at 70°C sous-vide setting. Switch off the oven and continue cooking for another hour with the oven door closed.

Remove the turkey from the bag and place it on a shallow cooking tray. In a saucepan, combine meat juices (should be about 200 ml), ketchup, mustard, honey, and about 1 teaspoon Caribbean spices, bring to a boil, and reduce to a thick sauce. Season to taste with lime juice, grated lime peel, brown rum, and salt, if desired.



CARIBBEAN SPICED SOUS-VIDE TURKEY WITH RED CABBAGE-WALNUT SALAD

INGREDIENTS

For the Red Cabbage-Walnut Salad:

500 g red cabbage
1 finely chopped shallot
2 tablespoons dried cranberries
3 tablespoons coarsely chopped walnuts
2 tablespoons canola oil
2 tablespoons walnut oil
2 - 3 tablespoons red wine vinegar
A little lime juice and grated peel
2 - 3 pinches sugar
Salt
Black pepper
100 g rinsed arugula
2 tablespoons cilantro

Plus:

2 - 3 tablespoons good mayonnaise

PREPARATION

Remove the outside leaves from the red cabbage and cut out the wedge-shaped core. Slice the cabbage into very thin strips. In a large bowl, combine the cabbage strips with all the other ingredients except the arugula and cilantro. Toss and season generously to taste with lime juice, grated lime peel, sugar, salt, and pepper. Toss the salad several times vigorously and let stand for 10 minutes. Just before serving, add the arugula and add seasoning to taste.

Before serving, cook the turkey for about 5 minutes in the pre-heated steam oven on shelf level 3 at 275 °C grill function until the surface becomes crispy. Then cut the turkey into thin slices.

Spread a thin layer of mayonnaise onto toasted slices of country bread or baguette. Top with a little salad and a few turkey slices, drizzle with the heated sauce, and sprinkle with cilantro.

Tip: When served as a main course, Caribbean Spiced Sous-Vide Turkey goes great with mashed sweet potatoes.