

BONELESS TURKEY BREAST

INGREDIENTS:

One Boneless Turkey Breast with skin

(Mine was approximately 6-7 pounds, but it doesn't matter the size...use a meat thermometer and roast the turkey breast in a 375 degree oven until the internal temperature reads 162 degrees.)

Let the turkey rest on the counter for 10 minutes while you make your gravy.

YOU WILL ALSO NEED:

Fresh Herbs

6-8 ounces of butter

3/4 cup white wine (1/3 cup for the turkey and the remainder for the gravy)

Cornstarch to thicken the gravy

Salt and Pepper

Extra Virgin Olive Oil

Pre-Heat your oven to 375 degrees

Use a ceramic baking dish or a roasting pan that will accommodate the size of the turkey breast with a little room to spare.

Season the breast with salt and pepper and drizzle with olive oil.

Melt 4 tablespoons of butter (about 1/3 cup) and add 1/3 cup of white wine. Whisk together and pour half of the mixture over the turkey breast. Reserve the other half of the liquid for basting at the halfway point.

Place your favorite herbs over top of the skin. I used lemon balm, parsley, thyme and rosemary. I also topped it off with some lavender. You can use whatever fresh herbs you wish!

Roast the turkey, uncovered. (The timing will vary depending on the size of your turkey breast. I roasted a seven pound breast and it totaled 2 hours and ten minutes of cooking time.) At the halfway point, remove the turkey from the oven and check the internal temperature to gauge where you are. Do a bit of basting and add the rest of the butter wine mixture . Rotate the pan and continue roasting. When you notice that the skin is browned to your liking, you can gently tent the pan with a piece of foil. Continue roasting the turkey until the internal temperature reaches 162 degrees.

Recipe for White Wine gravy is below...

WHITE WINE GRAVY

3 cloves of garlic; minced
1/2 red onion; diced fine
2 tablespoons of butter
1 tablespoon of olive oil
3 tablespoons of cornstarch
2 1/2 cups of turkey stock
1/2 cup white wine
Fresh thyme
Salt and pepper

Sauté the diced onion and minced garlic in two tablespoons of butter. Season with salt and pepper. Add a drop of olive oil.

Dissolve 1 cup of turkey stock and 1/2 cup of white wine and three tablespoons of cornstarch in a small bowl. Set aside.

Add one and a half cups of turkey stock to the onion mixture and season with salt and pepper. Bring the stock to a simmer. Now you can slowly add the stock wine mixture and whisk as it thickens. This can take about six to eight minutes. Bring the entire mixture to a quick boil. Remove from heat and taste to see if it needs more salt and pepper. Add the fresh thyme.

Voila! Gravy! Its that simple~
Happy Thanksgiving Friends!
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