



aprons
COOKING SCHOOL

Turkey Roulade**

Serves 4-6

Ingredients

Olive oil spray

½ large red onion, chopped

1 medium carrot, small diced

2 garlic cloves, minced

1 lemon, zested

1 tablespoon fresh sage, chopped

4 tablespoons dry sherry

2 tablespoons fresh flat leaf parsley, chopped

8 oz cooked pearled sorghum (millet, couscous)

3 lbs skinless and boneless turkey breast

8 oz chicken stock

Method

Heat the oven to 375°F.

Spray a large non-stick frying pan with oil and set over a medium heat.

Add the onion and carrot, sauté for 5 min or until soft.

Add the garlic, lemon zest and sage and sauté for 1 min.

Add the sherry and bubble until it has almost evaporated.



Remove the pan from the heat, then stir in the parsley and sorghum. Set aside to cool.

Put the turkey upside-down between 2 pieces of non-stick baking paper, then pound with a meat mallet or rolling pin until it's an even thickness of about 1.5cm. Now spoon the cooled stuffing on top, leaving a ½-inch border.

Using the bottom sheet of baking paper to guide you, firmly roll the turkey breast to close, then sit seam-side down. Tie the roulade at ½-inch intervals with kitchen string, using cocktail sticks to secure. Tuck in the ends of the turkey if necessary, to prevent the stuffing spilling out.

Put the roulade in a roasting tray and spray lightly with oil, then pour the hot stock around it. Transfer to the oven and roast for 25-30 min or internal temperature of 165 degrees. To prevent over browning you may cover with aluminum foil. Remove from the oven, cover loosely with foil and set aside to rest for 15 min before carving.

**This recipe was developed by the Registered Dietitians from Memorial Cancer Institute, Hollywood, Fl. along with the Resident Chef at Publix Aprons Cooking School, Plantation, Fl. Note that the Registered Dietitians featured in these recipe tutorials from Memorial Cancer Institute can only treat patients who are a part of the Memorial Healthcare System treatment team.