

Sous Vide Turkey

Ingredients:

1 Fresh whole 11-14 lb turkey, bone-less turkey breast, boneless thighs, and drumsticks

6 sprigs thyme, sage

2 tablespoons garlic

1 medium onion coarse chopped

1/4 cup butter

Kosher Salt and Pepper

Sous Vide Turkey Directions (Pre-bath):

Mix spices together in a bowl. Salt and pepper the turkey then sprinkle with spices. Place in the sous vide pouch and seal using a vacuum sealer making sure to leave at least 4 inches at the top seal and that the seal is secure.

At this point you can store the pouches in the refrigerator for up to 4 days, freeze it for up to 6 months, or cook it right away.

Cooking Directions:

Preheat the water bath to 150°F/66°C. Place the thawed sous vide pouches in the water bath and cook the breasts and drumsticks for 2 1/2 hours, thighs 2 hours, remove from pouch and reserve liquid for the gravy. Pat dry and sear the thighs in a hot pan to caramelize the skin, and slice to arrange on a platter along with the Breast. Crisp the drumsticks in a deep fryer for 30 seconds.

From the kitchen of Chef Leo Pantel

Executive Chef at the Conexus Arts Centre

