

Sous-Vide Lemon-Herb Turkey

Recipe By *Michal Frischman*



Cooking and Prep:  6 h

Serves:  6

Contains:  

Preference: Meat

Difficulty: Medium

Occasion: Shavuot

Source: Family Table by
Mishpacha Magazine

Undeniably, poultry is where sous-vide shines. Unlike red meat, which can be eaten with a gradient of doneness, so the outside is gray and the inside is pink, with poultry, you need to cook it through. With a larger cut, like turkey breast, it's impossible to cook the inside without overcooking the outside. Sous vide allows the entire piece of turkey to cook at the same time, so it's completely, perfectly done. It's amazingly flavorful and never, ever dry!

Ingredients (10)

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- 1 2-pound (1-kilogram) boneless, skinless turkey breast, sometimes known as turkey London broil (see note)
- 1/4 cup honey
- 1/4 cup lemon juice
- 1 teaspoon dried dill or 1 tablespoon fresh or 3 cubes **Dorot Gardens Frozen Dill**
- 1 teaspoon dried parsley or 1 tablespoon fresh or 3 cubes **Dorot Gardens Frozen Parsley**

- 1 teaspoon dried basil or 1 tablespoon fresh or 3 cubes **Dorot Gardens Frozen Basil**
 - 1 teaspoon salt
 - 1/4 teaspoon black pepper
 - 1 tablespoon oil
 - 2 tablespoons flour
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Start Cooking

Prepare the Turkey

1. Mix the honey, lemon juice, herbs, salt, and pepper. Place the turkey in a heavy-duty ziplock bag or in a vacuum sealer bag. Add marinade to the bag. For a ziplock, submerge the bag in a bowl of water until just below the opening of the bag so the air is squeezed out, then seal the bag. For a vacuum sealer, set the machine to wet seal.
2. When ready to serve, heat oil and flour in a small saucepan. Stir well and cook for one minute. Add the juices from inside the turkey bag and whisk until no clumps remain. Slice the turkey thinly and serve with gravy on the side.
3. Place the turkey in a sous-vide set to 143°F (62°C). Cook for four hours or up to eight hours.

Note:

You can follow the same time and temperature for any size turkey you would like to use.

Variation:

To cook in the oven, keep the skin on and bone in. Bake at 375°F (180°C) for about an hour or until the thickest part of the turkey breast reaches an internal temperature of 160°F (70°C). Remove and allow to rest for at least 15 minutes.

Credits

Photography: Moishe Wulliger

Styling: Renee Muller