



kitchen collage

430 E. LOCUST ST / DES MOINES / 515.270.8202
MON-FRI 10-5:30 / SAT 9-5

mykitchencollage.com

Recipes from **Thanksgiving 101** by Rick Rodgers through permission of William Morrow, a division of HarperCollins Publishers, New York, NY. Copyright 2007. All rights reserved.

Turkey Breast with Wild Mushroom Stuffing and Marsala Sauce

(Makes 8 to 10 servings)

Need a great low-fat Thanksgiving entrée? Look no further. A combination of fresh and dried mushrooms gives hearty flavor to the mild turkey breast, and it's further enhanced by a Marsala wine sauce. It meets the criteria for any good recipe, low-fat or not, and I serve it throughout the year at dinner parties, as well.

Make Ahead: The breasts can be stuffed up to 4 hours ahead, covered, and refrigerated.

WILD MUSHROOM STUFFING:

1 cup boiling water
1 ounce (about 1 cup) dried porcini mushrooms
8 ounces fresh mushrooms, preferably cremini
1 tablespoon unsalted butter
1/4 cup finely chopped shallots
1 garlic clove, minced
1-1/2 teaspoons chopped fresh rosemary or 1 teaspoon dried rosemary
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
1/2 cup fresh bread crumbs, preferably from day-old crusty bread
1 large egg white, beaten until foamy

THE TURKEY BREASTS and MARSALA SAUCE:

Two 1-1/2 pound boneless, skinless turkey breast roasts
Nonstick vegetable oil spray
Salt and freshly ground black pepper
1-1/2 cups Homemade Turkey Stock, or canned reduced-sodium chicken broth
1 teaspoon cornstarch
1/4 cup dry Marsala
1 tablespoon unsalted butter, chilled

1. To make the stuffing, combine the boiling water and dried mushrooms in a small bowl. Let stand until the mushrooms soften, about 30 minutes. Lift the mushrooms out of the water, rinse under running water, and chop coarsely. Strain the cooking liquid through a wire sieve lined with a moistened paper towel set over a small bowl. Reserve the liquid.

2. In a food processor, pulse the fresh mushrooms until finely chopped. Set aside.



kitchen collage

430 E. LOCUST ST / DES MOINES / 515.270.8202
MON-FRI 10-5:30 / SAT 9-5

mykitchencollage.com

Turkey Breast with Wild Mushroom Stuffing and Marsala Sauce, (continued)

3. In a large skillet, heat the butter over medium heat. Add the shallots and garlic, and cook, stirring often, until softened, about 1 minute. Add the fresh mushrooms, soaked mushrooms, soaking liquid, rosemary, salt, and pepper. Cover and cook until the fresh mushrooms release some liquid, about 3 minutes. Uncover and cook over high heat until the liquid evaporates, about 10 minutes. Transfer to a medium bowl and cool completely. Stir in the breadcrumbs and egg white.
4. Place a turkey breast, skin side down, on a work surface. Using a sharp knife, cut a deep, diagonal incision into the thickest part of the breast from the center of the roast almost to the edge, being careful not to cut completely through to the skin. Open this flap like a book. Make another cut on the other side, to butterfly the other side of the roast, and fold out in the other direction. Pound gently with a meat mallet, rolling pin, or empty wine bottle to flatten to an even thickness. Repeat with the other breast.
5. Spread half of the filling over one breast. Starting at a long side, roll up into a thick cylinder. Tie the breast crosswise in several places with kitchen string. Repeat with the remaining stuffing and breast. (The turkey breasts can be prepared up to this point 4 hours ahead, covered with plastic wrap, and refrigerated).
6. Position a rack in the center of the oven and preheat the oven to 350°F. Spray a flameproof baking dish large enough to comfortably hold the turkey breasts with nonstick spray.
7. Spray a large nonstick skillet with nonstick spray and heat over medium heat until very hot. Season the turkey with 1/4 teaspoon salt and 1/8 teaspoon pepper. Add the turkey breasts and cook, turning occasionally, until browned on all sides, about 6 minutes. Transfer the turkey to the prepared dish. Pour the broth into the dish and cover loosely with aluminum foil. Bake until a meat thermometer inserted in the centers of the breasts reads 165°F, about 40 minutes. Transfer the breasts to a serving platter and cover with aluminum foil to keep warm.
8. Place the roasting pan on top of the stove and bring the liquid to a boil over high heat. Boil until reduced to about 1/2 cup, about 8 minutes. In a small bowl, sprinkling the cornstarch into the Marsala, and stir to dissolve. Whisk into the pan and cook until lightly thickened. Remove from the heat and whisk in the butter until melted. Season with salt and pepper.
9. Discard the kitchen string. Slice the turkey into 1/2-inch thick slices. Serve immediately, drizzling each serving with the sauce.