



GOURMET RANGE  
**RESTSSO**  
*Poached Turkey*

# POACHED TURKEY BREASTS WITH ENGLISH MUSTARD

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3 HATS OF EFFORT REQUIRED

## INGREDIENTS:-

1 x crown of turkey  
1 carrot, peeled  
1 stick of celery  
1 small onion, peeled & halved  
2 cloves of garlic, peeled  
1 leek, trimmed, split & washed  
1 bay leaf  
8 black peppercorns  
Cold water/vegetable/chicken stock  
1 tsp black mustard seeds  
1tbsp English mustard  
300ml double cream  
Lemon juice  
Salt  
Pepper

## METHOD:-

Place the turkey crown and all of the prepared veg, bay and spices into a large saucepan. Cover with cold water or stock of your choice.

Bring to the boil, then skim any impurities that rise to the surface. Lower the temperature to a gentle simmer, cover the pan with a lid and cook for 1 ½ hrs.

Take pan from the heat and leave covered and allow to cool completely.

Pre heat oven to 160°C.

Lift the crown from the poaching liquor. Carefully remove the skin and lay onto a non stick tray or baking parchment on a tray flesh side up. Trim away any fatty pieces from the skin then sprinkle with the mustard seeds, pressing them gently into the skin and a little salt.

Place tray in the pre set oven and cook for 15+/- minutes until the skin is golden and crispy. Remove from the oven and lift the crisped skin onto some kitchen paper to drain any fat. Cool and set aside. Strain 600ml of the poaching liquor into a clean pan and set over a high heat to reduce by half.

Add the English mustard and whisk in the double cream, bring back to the boil and reduce to a sauce consistency. Adjust the seasoning with lemon juice, salt and pepper if needed. Cover and keep hot

Remove the turkey breast meat from the breast bones and trim neatly, then cut the meat into thick slices. Place in the sauce and heat through gently until piping hot.

Serve the slices of turkey with the sauce poured over and the skin broken into pieces scattered around.

**MARTIN'S TIP:-** *Martin says "if turkeys not to your taste, try chicken, capon or in fact any bird would work. And if you find English mustard a touch harsh a milder German or French mustard would work!"*

*"my idea for this dish & recipe comes from the history that for many years Norfolk was the home of turkey rearing and Coleman's English mustard was based in Norfolk so putting the two together gives this recipe provenance and a damn good reason to be!"*

*Tip – if buying a whole turkey ask your butcher to joint it for you. Also place the giblets, that come with the bird, into the pot with the crown - the resulting poaching liquor will be more intense and packed with flavour!*