



GOURMET RANGE

**RESTSSO**

*Turkey Tea*

# TURKEY TEA

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A 2 HATTER

INGREDIENTS:-

2.5 ltrs turkey or chicken stock (any leftover turkey poaching stock from the mustard recipe will work)  
1 turkey giblets, minus the livers (a bag of these come inside the cavity of the bird), roughly chopped  
1 medium carrot, peeled & rough chopped  
1 stick celery, rough chopped  
½ a medium leek, cleaned, split and rough chopped  
2 cloves garlic, peeled and crushed  
1 medium onion, peeled and rough chopped  
1 bay leaf  
1 tsp whole black peppercorns  
1 small sprig fresh thyme  
100ml soy sauce  
2 tbsp Worcestershire sauce  
5 medium egg whites  
50ml dry sherry

METHOD for base:-

In a large saucepan bring the stock to the boil, add the soy and Worcester sauces. In a food processor put all the vegetables, herbs and spices pulse the machine a few times until broken down into small pieces. Add the egg whites and pulse until well combined. Pour and scrape into a bowl. Mix in the chopped giblets (neck, heart and any trimmings). Ladle over about 250mls of the boiling stock mixing well as you do so. Now scrape all of this mixture into the boiling stock stirring well. Remove spoon from the pan and reduce the heat allowing the egg whites to float to the surface of the stock with all the veggie and giblet bits & pieces setting to form a crust. Now leave well alone to barely simmer and cook for 1hr. Turn off

the heat and using a ladle push the crust to one side in the pan and ladle out the clear amber bouillon into a clean pan. Be careful not to break up or stir the crust or this will cloud the 'tea'. Discard the crust its done its job of adding flavour and filtering debris. Re heat the 'tea' whilst you prepare the garnish.

GARNISH INGREDIENTS:-

1 large tomato, peeled and de-seeded & diced in 1cm pieces  
1 spring onion, peeled and shredded finely across the length  
25 gr ribbon pasta, cooked weight, drained and cut into even squares  
Small bunch fresh chervil, leaves picked (can use parsley)  
Few leaves of fresh marjoram  
½ mild red chilli, de-seeded, cut in fine rings  
1 tbsp (approx) extra virgin olive oil

METHOD:-

Evenly distribute all the garnish and the sherry, except the olive oil, between 4 large or 6 smaller bowls. (don't worry the alcohol will evaporate off, with the heat of the tea being poured over, just leaving the delicate sherry flavour so ok for the kids to enjoy!) Carefully ladle over the hot 'tea' and then dribble the oil on top (the oil should pool into small beads) serve.

**MARTIN'S TIP:-** *"the crust forming part of this recipe is very important – floating on top of the stock it filters out the impurities as the gentle simmer rolls beneath it, do not allow the pan to boil once the crust has formed as it will break up and defeat the object – Nb if this does happen simply whisk up a couple more egg whites and mix in and repeat the forming process!"*  
*"freezes well, after cooling, without the garnish – makes a great pick me up if you're not feeling to bright and have lost your appetite"*

*Tip – if your stock is a little on the thin side flavour wise then blitz in a chicken stock cube with the veggies and egg whites. Add any garnish you wish remembering to blanch in boiling water briefly any that need cooking out, like mushrooms for example.*