

# Tacchino allo Zafferano

*(Rolled Turkey Breast)*

*A Family Farm in Tuscany*

*(Makes 2 recipes)*

*Serves 12-14*

2 2-lb boned turkey breasts, rolled and tied  
Sea salt and black pepper to taste  
3 cups extra virgin olive oil  
4 carrots, diced  
4 ribs celery, diced  
4 small red onions, diced  
1 tsp saffron

## *Tie the turkey breast:*



- To tie each individual turkey breast, you will need a long stretch of butcher's twine. If you are unclear how much twine will be necessary for tying the turkey breast, use the entire ball or package of twine and cut the twine off only when you have finished tying the turkey. Place the turkey breast on a flat surface perpendicular to your body. Hold the twine taut by both ends and slide the twine underneath the turkey breast until it reaches one end of the meat.
- Pull the string very tightly around one end of the turkey breast and make a square knot. If the knot is too loose, the muscle will relax and gravity will cause the turkey breast to form into an oval shape. If the knot is too tight, desirable juices may seep out of the meat. Make sure there is ample twine on one side of the knot.
- Lay the string so it rests along the length of the turkey breast. Place your thumb on the string one inch from the first knot (or the last tie made). With your thumb holding the string firmly, wrap the string around the turkey breast. Lift the corner you just created at your thumb and pass the end of string under the lifted piece. Pull the string upwards to tighten the hold.
- Continue the process of wrapping and tying outlined in step 3 until the turkey breast is completely tied. Once the entire turkey breast has been tied, it should be round in shape and

feel very tight. If the turkey breast isn't tight, tighten the entire turkey breast by tightening each tie, beginning with the first tie made (excluding the knot). Once the turkey breast feels secure, wrap the string around the turkey breast lengthwise until the string reaches the original knot.

- Pass the end of the string underneath the knot, and pull tightly. Do not pull too tightly, as pulling too tightly will cause the turkey breast to form into a U shape. Only pull tight enough to keep the last loop on the turkey breast from slipping. Tie another knot in the string to secure the work done.

#### To cook and serve the turkey breast

- Sprinkle each turkey breast with salt and pepper, than place each turkey breast in a separate large cold pot.
- Add 1½ cups olive oil, half the carrots, half the celery and half the onions to each pot and mix well.
- Cover each pot and cook over medium heat, stirring occasionally, about 30 minutes, or until the vegetables start to soften.
- Cut into the meat a little and check for doneness; the turkey breast is done when it reaches an internal temperature of 165° F.
- When the turkey breasts are well done, transfer to a cutting board and allow them to rest for 10 minutes.
- Using a slotted spoon, remove the cooked vegetables from each pot, reserving the olive oil in one of the pots.
- Puree the vegetables and transfer to a smaller pot.
- Add the saffron and cook on low heat for 15 minutes.
- When ready to serve, slice the turkey breast ¼ inch thick.
- Transfer the vegetable puree to a serving dish, and arrange a layer of meat slices over the puree.
- Top with a couple of spoonfuls of the reserved olive oil.