



Bacon-Wrapped Turkey Breast Stuffed with Pear Hash

READY IN



810 min.

SERVINGS



10

CALORIES



431 kcal

SIDE DISH

Ingredients

- ☐ 6 strips bacon thick cut
- ☐ 10 servings pepper black freshly ground
- ☐ 4 pound turkey breasts boneless
- ☐ 1 but slightly bosc pear firm cored ripe peeled cut into 1/4-inch cubes
- ☐ 1 cup bread crumbs
- ☐ 0.5 cup chicken stock see
- ☐ 1 sprig sage fresh
- ☐ 1 tablespoon sage leaves fresh chopped

- ☐ 5 sprigs thyme leaves fresh
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 0.5 cup kosher salt
- ☐ 10 servings kosher salt
- ☐ 1 teaspoon paprika
- ☐ 0.5 teaspoon chili flakes red
- ☐ 1 large shallots minced
- ☐ 0.5 cup sugar
- ☐ 2 tablespoons butter unsalted
- ☐ 2 tablespoons vegetable oil
- ☐ 2 tablespoons walnuts finely chopped
- ☐ 6 cups water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ kitchen thermometer
- ☐ cutting board
- ☐ kitchen twine

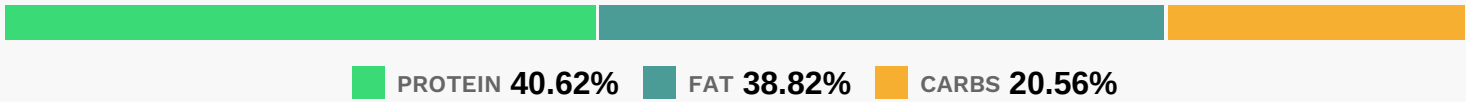
Directions

- ☐ Watch how to make this recipe.
- ☐ Special equipment: Butcher's twine
- ☐ In a large container, combine all the ingredients and stir until the salt and sugar dissolve.
- ☐ Put the turkey breasts in the brine, making sure they are completely covered. Refrigerate at least 1 hour or overnight.

- ☐ Melt the butter in a large skillet over medium heat.
- ☐ Add the shallot, sage, thyme, chili flakes, and a pinch of salt; saute for 5 minutes. Turn the heat to medium-high.
- ☐ Add the pears, spreading out in a single layer.
- ☐ Let sit untouched for 2 minutes to brown slightly. Toss, saute 1 minute more, then remove from heat.
- ☐ Transfer the pear mixture to a bowl and add the walnuts, bread crumbs and chicken stock. Stir to combine and season with salt and pepper, to taste. Set aside to cool.
- ☐ Remove the turkey breasts from brine and pat dry. Butterfly the turkey by slicing the breasts into even halves on the horizontal, leaving about 1/2-inch, uncut at 1 edge so the breasts can open like a book. Season all over with salt and pepper, to taste.
- ☐ Lay a large piece of plastic wrap on a clean cutting board. Put 3 slices of bacon parallel, about 1-inch apart on top of the plastic. Arrange 1 of the open turkey breasts, cut side up, lengthwise on top of the bacon. Scoop half of the stuffing onto 1 half of the turkey breast, fold over the other half, then roll the bacon around it tightly. Make sure the bacon strips lay flat against the turkey.
- ☐ Sprinkle the outside of the bacon with a little paprika. Wrap tightly in the plastic wrap twisting the ends to really seal in the breast to keep its shape. Repeat with remaining bacon, turkey, and stuffing.
- ☐ Transfer the breasts to a sheet tray and rest in the refrigerator for at least 1 hour.
- ☐ Preheat the oven to 375 degrees F.
- ☐ Remove the turkey breasts from refrigerator 1/2 hour before you plan to cook them. Discard the plastic wrap and using 3 pieces of butcher's twine, tie the twine over the center of the 3 bacon strips to secure the breasts when searing. Warm a large skillet over medium-high heat and add 1 tablespoon of the vegetable oil.
- ☐ Add 1 of the turkey breasts, seam side down, into the skillet and sear until the bacon is slightly crisp and the turkey is lightly browned, about 4 minutes on each side.
- ☐ Transfer the turkey breast to a baking sheet lined with a rack. Sear the remaining turkey breast, using 1 tablespoon of vegetable oil and add it to the baking sheet.
- ☐ Put the baking sheet into the oven and bake until the turkey is cooked through and the internal temperature registers 160 degrees F on an instant-read thermometer, about 60 minutes.
- ☐ Remove the turkey from the oven to a cutting board and let rest for 15 minutes before slicing.

Cut away the butcher's twine, slice crosswise, arrange on a serving platter and serve.

Nutrition Facts



Properties

Glycemic Index:29.38, Glycemic Load:7.95, Inflammation Score:-7, Nutrition Score:25.613043183866%

Flavonoids

Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 430.69kcal (21.53%), Fat: 18.74g (28.84%), Saturated Fat: 5.57g (34.84%), Carbohydrates: 22.34g (7.45%), Net Carbohydrates: 20.81g (7.57%), Sugar: 12.94g (14.38%), Cholesterol: 118.61mg (39.54%), Sodium: 6475.34mg (281.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.12g (88.25%), Copper: 2.16mg (108.19%), Vitamin B3: 19.88mg (99.42%), Vitamin B6: 1.52mg (75.88%), Selenium: 48.8µg (69.71%), Phosphorus: 493.65mg (49.36%), Vitamin B12: 1.29µg (21.56%), Vitamin B2: 0.35mg (20.76%), Zinc: 2.95mg (19.65%), Potassium: 570.34mg (16.3%), Vitamin B5: 1.63mg (16.26%), Vitamin B1: 0.24mg (16.13%), Magnesium: 62.52mg (15.63%), Manganese: 0.31mg (15.37%), Iron: 2.05mg (11.41%), Folate: 29.45µg (7.36%), Vitamin K: 7.22µg (6.88%), Calcium: 68.01mg (6.8%), Fiber: 1.53g (6.1%), Vitamin A: 281.52IU (5.63%), Vitamin E: 0.64mg (4.23%), Vitamin C: 2.14mg (2.59%), Vitamin D: 0.31µg (2.07%)