



Braised Turkey Roulade with Pancetta, Shallots, and Porcini Gravy

 Dairy Free

READY IN



110 min.

SERVINGS



8

CALORIES



314 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon pepper black divided freshly ground
- ☐ 0.5 cup carrots coarsely chopped
- ☐ 0.5 cup celery coarsely chopped
- ☐ 0.8 ounce porcini mushrooms dried
- ☐ 0.5 cup cooking wine dry white
- ☐ 3 tablespoons flour all-purpose
- ☐ 1.5 tablespoons rosemary fresh divided chopped

- ☐ 1 tablespoon olive oil extra-virgin divided
- ☐ 3.5 ounces pancetta divided thinly sliced (9 slices)
- ☐ 1 teaspoon salt divided
- ☐ 10 ounces shallots divided chopped
- ☐ 2.5 pound turkey breast halves boneless skinless
- ☐ 0.3 cup water
- ☐ 2 cups water boiling

Equipment

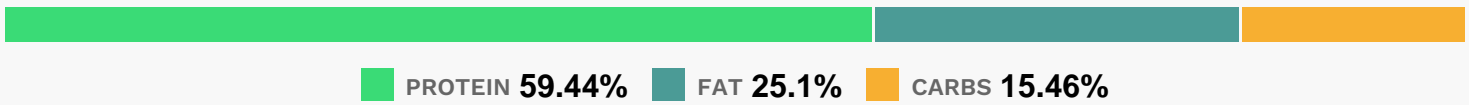
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ plastic wrap
- ☐ kitchen thermometer
- ☐ dutch oven
- ☐ meat tenderizer
- ☐ kitchen twine

Directions

- ☐ Combine 2 cups boiling water and porcini mushrooms in a bowl; cover and let stand for 15 minutes or until the mushrooms are soft.
- ☐ Drain through a sieve over a bowl, reserving soaking liquid. Chop the porcini mushrooms.
- ☐ Heat a large nonstick skillet over medium heat.
- ☐ Add 1 1/2 teaspoons olive oil to pan, and swirl to coat. Coarsely chop 1 pancetta slice.
- ☐ Add chopped pancetta to pan; cook for 3 minutes, stirring occasionally.
- ☐ Add 1 3/4 cups shallots, 2 teaspoons rosemary, 1/4 teaspoon salt, and 1/4 teaspoon pepper; cook for 7 minutes or until shallots are tender, stirring occasionally. Stir in reserved

- mushrooms. Cool slightly.
- ☐ Slice 1 turkey breast half lengthwise, cutting to, but not through, other side. Open halves, laying turkey breast flat.
 - ☐ Place plastic wrap over turkey breast; pound to 1/2-inch thickness using a meat mallet or small heavy skillet.
 - ☐ Spread half of shallot mixture over turkey breast; roll up jelly-roll fashion, starting with long sides.
 - ☐ Sprinkle with 3/8 teaspoon salt and 1/4 teaspoon pepper. Arrange 4 pancetta slices evenly on top of turkey roll. Secure at 2-inch intervals with twine. Repeat procedure with remaining turkey breast half, shallot mixture, 3/8 teaspoon salt, 1/4 teaspoon pepper, and 4 pancetta slices.
 - ☐ Preheat oven to 32
 - ☐ Heat a large Dutch oven over medium-high heat.
 - ☐ Add remaining 1 1/2 teaspoons oil to pan; swirl to coat.
 - ☐ Add turkey rolls to pan; cook 6 minutes or until browned, turning after 3 minutes.
 - ☐ Add remaining 1/4 cup shallots, carrot, celery, and wine to pan. Bring to a boil; cook until liquid is reduced by half (about 2 minutes). Stir in reserved porcini liquid and remaining 2 1/2 teaspoons rosemary. Cover and bake at 325 for 40 minutes or until a thermometer inserted in thickest portion registers 16
 - ☐ Remove turkey rolls from pan; let stand 15 minutes.
 - ☐ Cut each roll crosswise into 12 slices.
 - ☐ Strain cooking liquid through a fine mesh sieve over a bowl; discard solids.
 - ☐ Combine 1/4 cup water and flour, stirring with a whisk until smooth. Return remaining cooking liquid to pan; add flour mixture, stirring with a whisk. Bring to a boil; cook 1 minute or until thickened, stirring constantly.
 - ☐ Serve gravy with turkey.

Nutrition Facts



Properties

Glycemic Index:28.85, Glycemic Load:3.36, Inflammation Score:-7, Nutrition Score:7.1130434326504%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 313.92kcal (15.7%), Fat: 8.52g (13.11%), Saturated Fat: 1.93g (12.03%), Carbohydrates: 11.8g (3.93%), Net Carbohydrates: 9.86g (3.59%), Sugar: 3.46g (3.85%), Cholesterol: 126.26mg (42.09%), Sodium: 468.24mg (20.36%), Alcohol: 1.54g (100%), Alcohol %: 0.67% (100%), Protein: 45.4g (90.79%), Vitamin A: 1382.82IU (27.66%), Iron: 3.19mg (17.75%), Manganese: 0.22mg (10.95%), Vitamin B6: 0.21mg (10.36%), Copper: 0.2mg (9.93%), Vitamin B5: 0.82mg (8.15%), Fiber: 1.94g (7.76%), Selenium: 5.16µg (7.36%), Potassium: 244.43mg (6.98%), Folate: 25.91µg (6.48%), Vitamin B1: 0.09mg (6.22%), Vitamin B3: 1.23mg (6.16%), Calcium: 58.91mg (5.89%), Phosphorus: 57.53mg (5.75%), Vitamin B2: 0.08mg (4.48%), Vitamin C: 3.68mg (4.46%), Vitamin K: 4.62µg (4.4%), Magnesium: 17.55mg (4.39%), Zinc: 0.57mg (3.8%), Vitamin E: 0.39mg (2.62%), Vitamin B12: 0.06µg (1.03%), Vitamin D: 0.15µg (1.02%)