



Turkey Breast Stuffed with Italian Sausage and Marsala-Steeped Cranberries

READY IN



45 min.

SERVINGS



12

CALORIES



520 kcal

SIDE DISH

Ingredients

- ☐ 2 banana shallots peeled finely chopped
- ☐ 1 cup breadcrumbs
- ☐ 0.7 cup cranberries dried
- ☐ 2 eggs beaten
- ☐ 2 teaspoons sage fresh chopped
- ☐ 0.3 cup goose fat
- ☐ 0.5 teaspoon ground allspice
- ☐ 0.3 teaspoon ground cloves

- ☐ 2.3 pounds ground sausage italian
- ☐ 7 tablespoons plum brandy
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup parmesan grated
- ☐ 1 turkey breast boneless with skin left on (double)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ plastic wrap
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ spatula
- ☐ skewers
- ☐ cutting board

Directions

- ☐ Put the cranberries and Marsala into a small saucepan and bring to a boil, then take off the heat and leave to one side.
- ☐ Put the oil into a large frying pan or similar heavy pan, and fry the shallots for a minute or so, then add the spices and chopped sage, turning them in the soft shallots.
- ☐ Squeeze the sausage meat out of its skins, add to the pan, and break it up—using a wooden fork and spatula for ease—turning it in the hot pan until it loses its pinkness. This will take about 5 minutes.
- ☐ Take the frying pan off the heat and turn the contents into a large bowl, mixing in the steeped cranberries and any Marsala clinging to them, and leave to cool. You can cover with plastic wrap and put in the refrigerator for up to 2 days at this stage. When you are ready to stuff the

turkey breast, take the bowl of sausage meat out of the refrigerator.

- ☐ Preheat the oven to 400°F.
- ☐ Uncover the bowl of sausage meat, add the eggs, Parmesan, and bread crumbs and—I use my hands for this—mix well.
- ☐ Lay the butterflied turkey joint out in front of you. It really does look like a butterfly, though admittedly a fleshy one.
- ☐ Spread the stuffing out first in the slight cavity in the center of the butterfly and then outward onto the wings though not going right up to the edge (or it will squidge out when cooking) but as evenly as possible over the whole joint.
- ☐ Carefully, in one swift but steady movement, fold one “wing” over the other to close the joint, and then sit the turkey in a large roasting pan, breast bone (or where the breast bone would be) on top as it would look were it the whole bird, with the pointier bit farthest away from you. Thread 2 skewers through the base—i.e., the widest part that is nearer you—to keep it closed, and smear it all over with the duck or goose fat.
- ☐ Roast the turkey breast for 2–2 1/2 hours, then check it is cooked with a turkey or meat thermometer. When cooked, it should read 165°F in the center. (If you're leaving it to rest, as you should, or to cool, you could take it out at 160°F—it will retain heat and continue to cook for a short while once out of the oven.)
- ☐ Flex your muscles, then lift out onto a cutting board, and leave to rest for at least 20 minutes. Or leave to get cold if you are eating it as part of a cook-ahead buffet.
- ☐ Cut through the whole joint in wide slices right across; they will need to be quite thick, at least 1/2 inch, maybe 1 inch, to keep the stuffing intact within the slice.
- ☐ As you place it on table or sideboard, dot around it the condiments of your choice: I revert to Christmas in Italy here by putting a lusciously extravagant pot or two of Italian mostarda di Cremona on the table alongside: this is a hot and sweet preserve of mustardy candied fruits that gleam beautifully and taste both festive and fabulous.
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NIGELLA LAWSON is the bestselling author of eight books, including Nigella Kitchen, Nigella Express, and Nigella Bites, which together with her television shows on Food Network and her iPhone apps have made her a household name around the world. She is also a contributor to The Oxford Companion to Italian Literature. Nigella lives in London with her family.

Nutrition Facts



Properties

Glycemic Index:8.33, Glycemic Load:0.37, Inflammation Score:-3, Nutrition Score:18.718695630198%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.58mg, Petunidin: 0.58mg, Petunidin: 0.58mg, Petunidin: 0.58mg Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg Peonidin: 0.34mg, Peonidin: 0.34mg, Peonidin: 0.34mg, Peonidin: 0.34mg Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 519.91kcal (26%), Fat: 36.68g (56.43%), Saturated Fat: 12.32g (76.99%), Carbohydrates: 14.84g (4.95%), Net Carbohydrates: 13.89g (5.05%), Sugar: 6.55g (7.28%), Cholesterol: 134.12mg (44.71%), Sodium: 900.52mg (39.15%), Alcohol: 1.34g (100%), Alcohol %: 0.86% (100%), Protein: 29.89g (59.78%), Selenium: 41.45µg (59.22%), Copper: 1.15mg (57.71%), Vitamin B3: 9.9mg (49.48%), Vitamin B6: 0.8mg (40.17%), Vitamin B1: 0.6mg (40.15%), Phosphorus: 336.54mg (33.65%), Vitamin B12: 1.33µg (22.17%), Vitamin B2: 0.33mg (19.15%), Zinc: 2.74mg (18.3%), Potassium: 432.07mg (12.34%), Manganese: 0.24mg (12.03%), Iron: 2.11mg (11.72%), Vitamin B5: 1.15mg (11.48%), Calcium: 100.19mg (10.02%), Magnesium: 37.46mg (9.36%), Folate: 26.18µg (6.54%), Vitamin E: 0.73mg (4.87%), Fiber: 0.95g (3.81%), Vitamin K: 2.7µg (2.57%), Vitamin C: 2.08mg (2.52%), Vitamin A: 85.82IU (1.72%), Vitamin D: 0.23µg (1.55%)