

Small dish is special enough for the big day

By **SUSAN M. SELASKY**

DETROIT (MCT) — It's not too early to start testing recipes for Thanksgiving, the biggest food holiday of the year.

Roasted Turkey Breast with Cider Gravy recipe is ideal.

Grilling or roasting a bone-in turkey breast is great for those who don't want to wrestle with a whole bird. It takes less time to roast, satisfies those who

prefer white meat and is ideal for smaller groups.

Depending on the size of the breast and how many people you plan to feed, there should be leftovers.

Whole bone-in turkey breasts are commonly sold frozen in most grocery stores — though you can buy them fresh.

Thaw frozen breasts in the refrigerator, depending on the size, for about a day. If they are small enough, you can thaw them in the microwave.

When serving a bone-in turkey breast, figure about three-quarters of a pound per person, rather than the 1-pound-per-person rule for a whole turkey.

With a turkey breast, there is little waste and generally plenty of meat.

It is ideal for marinating, too. A whole one will fit in a large or jumbo plastic sealable bag.

You can brine it in a saltwater solution, but check the label to see if it was injected with a solution.

I tend not to brine anything that was injected with more than an 8 percent solution because doing so can make the meat too salty.

And don't forget about the gravy. There will be some pan drippings, but not a huge amount. Add water, broth or white wine (or apple cider with this recipe) to the pan before you put the breast in the oven, adding more as needed so the pan drippings don't burn off.

Preheat the oven to 400 degrees. Cut out the ribs and backbone of the turkey breast, if desired, so it rests evenly in the pan.

Pat the turkey dry with paper towel. Set it on a rack in a roasting pan.

In a small bowl, mix together the maple syrup and mustard. Pour half into another bowl and reserve. Brush the other half all over the turkey. Season all over with salt, pepper and seasoning blend.

Roast turkey breast one hour and baste with any pan juices. Reduce oven temperature to 325 degrees.

Pour apple cider over the turkey. Continue to roast turkey until instant-read thermometer inserted into the thickest part of thigh registers 165 degrees, about another 45 minutes depending on the size.

Transfer turkey breast to a platter and brush with the remaining maple syrup mixture. Tent loosely with foil and let rest 30 minutes.

While the turkey breast rests, make the gravy. Pour all pan juices into a large measuring cup; set aside.

Spoon off and discard the fat that rises to the surface. In a medium saucepan, melt the butter.

Sprinkle in the flour and stir to make a roux. Slowly pour in the reserved pan juices.

Add the stock or broth and apple cider. Bring to a boil over high heat and boil liquid until reduced to 1 1/2 cups, about 10 minutes. Season with fresh sage.

Slice the turkey breast and serve with the cider gravy.

Nutrition information

From and tested by Susan M. Selasky for the Free Press Test Kitchen. Analysis based on 4 ounces of turkey with about 1/4 cup gravy.

398 calories (34 percent from fat), 15 grams fat (6 grams sat. fat), 28 grams carbohydrates, 35 grams protein, 571 mg sodium, 98 mg cholesterol, 0 grams fiber.

Have leftovers?

Quick Turkey Soup: In a soup pot, saute 1/2 cup each of onions, celery and carrots. Add 2 cups leftover chopped turkey, 4 cups chicken broth and 1 cup ditalini pasta (or other small pasta). Bring to a boil and heat until pasta is cooked. Season with salt and pepper and serve.

(Susan M. Selasky is a food writer for the Detroit Free Press.)



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ROAST TURKEY BREAST WITH CIDER GRAVY

Serves: 4 (generously)
 Preparation time: 15 minutes
 Total time: 2 hours, 15 minutes

TURKEY

1 bone-in turkey breast, about 5 1/2 pounds
 1/3 cup maple syrup
 2 tablespoons Dijon mustard
 Salt and fresh ground black pepper
 1 teaspoon Morton Nature's Seasons Seasoning blend or favorite all-purpose seasoning

1 cup fresh apple cider, apple juice or chicken stock

CIDER GRAVY

2 tablespoons butter
 2 tablespoons all-purpose flour
 2 cups (or more) turkey stock or low-salt chicken broth
 1 cup apple cider or apple juice
 1 tablespoon chopped fresh sage