



Wild Turkey Piccata

Serves 2-3

Ingredients:

1/2 Wild Turkey Breast
1/2 cup All Purpose Flour
1/2 Tsp. Salt
1/4 Tsp. Black Pepper
4 Tbsp. Butter
1 Tbsp. Olive Oil
1/2 cup Chicken Stock
1 Tbsp. Fresh Squeezed Lemon Juice
2 Tbsp. Fresh Chopped Parsley
1 Tbsp. Drained Capers

Wild turkey is excellent food. When you cook with it, you need to remember that it is naturally drier and does not have a texture that is like domestic turkey. I like to start most of my wild bird recipes by pounding the meat with a meat mallet. This will solve the texture problem. Using butter or oil appropriately and cooking for shorter periods of time will keep your turkey nice and moist.

Directions:

Slice 1/2 Wild turkey breasts into cutlets. Use a sharp knife and slice horizontally through the breast. You will get 3-4 fairly large, but relatively thin pieces. Place each cutlet between plastic wrap or parchment paper sheets and using your mallet pound to about 1/4 inch thick. Depending upon how large these are, you may want to cut them in half for ease of handling and serving.

Add the salt and pepper to the flour and dredge the cutlets in the flour.

In a fairly large skillet (I use a non-stick for this), melt one TBSP of butter. Add the olive oil. Sauté the cutlets over medium high heat till golden on each side. Work in batches. Do not crowd them. We are talking about 2 minutes per side. They should be barely done inside.

Set the cutlets on a serving platter and move on to the next batch. If the pan gets dry, add a bit more butter and olive oil.

When you finish the turkey, move on to the sauce. Add 1/2 cup chicken stock to the pan juices. If you do not have stock, water will work. Scrape up all the brown bits. Simmer until the liquid is reduced. Squeeze in the lemon juice, add the capers and parsley. Add the last of the butter. When the butter is melted, distribute the sauce over the turkey.

Bon Appetit!