



Favourite Recipes from our Members

AREA"E2" TURKEY DELIGHT

Serves: 4

Prep Time: 1 hour, 30 minutes

turkey breast filet
cup lemon juice
can sliced mushrooms
½ cup white wine
½ cup flour
½ cup cornmeal
tsp. mustard
tsp. cayenne pepper
tsp. cooking oil

Filet and skin breasts from a young turkey. Marinate filets for 10 hours in ½ cup lemon juice. Heat oil in the skillet, remove breast from marinade, pound them with the side of the large knife into slabs ¼ to 1/8 inch thick. Dredge the meat in a combination of the dry ingredients and fry quickly, about 5 minutes or so, until tender. Place on plate in warm oven. Sautee the mushrooms quickly, then add remainder of lemon juice and the white wine. Simmer the mixture until it begins to reduce, then ladle over the hot filet as a delicious sauce.