

I found some Turkey breast steaks for the bank melting price of £0.88 and as I ended up flat bound by the weather yesterday we decided to play in the kitchen. Chicken Parmigiana is one thing, but we think we took it to another level. But I guess we would really?!

Passata sauce

Ingredients:-

1 jar of Passata
1 squirt of Tomato Puree
1 clove of Garlic, minced
1 Onion, finely diced
2 Mushrooms, finely sliced
Basil
Oregano
Oil to fry
Salt & Pepper

Method:-

(1) Fry the Onions on a low heat until translucent.
(2) Add the Garlic and stir for a couple of minutes.
(3) Add the Mushrooms and stir again for a couple of minutes.
(4) Add the Passata, Tomato Puree and stir.
(5) Add the Oregano and Basil and season with Salt & Pepper.
(6) Simmer for 5 minutes and stir occasionally.

Turkey Steaks

Ingredients:-

Turkey Breast steaks
Bread Crumbs (Gluten free in our case)
Toasted and ground Hazelnuts (The last of this years foraged nuts ? Sobs a little!)
Grated Italian style hard cheese and grated mature Cheddar.
1 Egg, beaten
Dried Parsley
Dried Basil
Milk
Flour
Oil to fry
Salt & Pepper
Chilli flakes

Method:-

(1) Toast the Hazelnuts in their shells at 180C for 10 minutes on a tray and then allow to cool.
(2) Crack the shells and chop the nuts in a food processor.
(3) Mix the Breadcrumbs, half of the grated Italian style Cheese, Parsley and nuts and put in a bowl.
(4) Season the flour with Salt & Pepper, Chilli Flakes and put in a bowl.
(5) Mix the beaten Egg with a little Milk to make an Egg wash and add to a bowl.
(6) Heat the Oil in a large frying pan.
(7) Dip each Turkey steak firstly in seasoned Flour, then the Egg wash and finally the Breadcrumb mix.
(8) Fry on both sides on a moderate heat until the breadcrumbs are golden.
(9) Spoon a little Passata sauce over each steak.
(10) Sprinkle grated Cheddar over the top and then Italian style Cheese and a sprinkling of dried Basil.

(11) Grill until the Cheese has melted and browned slightly.

We really enjoyed the intense flavours and the Turkey was both tender and moist. Serve with scalloped chips and a dressed salad perhaps?