

Usually I give the reason behind the creation of our recipes here. Perhaps it might be easier just to admit the Meds aren?t working on this occasion?!!! Joking aside there was a Turkey Thigh / Drummer pack at the local supermarket. I grab these when they are available as we usually get 3 meals each out of the pack and we much prefer the brown meat to the breast. We also had some Sweet & Sour sauce in the fridge which Sue made a couple of evenings ago. So armed with that unlikely combination Sue went to work??

This was actually a ?Chinesed? Roasted Turkey Thigh, with a Cabbage/Swede/Carrot/Onion/Garlic/Oyster Sauce/Bacon Stir Fry, Carrot Batons and 5 Spice Roast Potatoes in a Giant Yorkshire Pudding with Sweet and Sour Sauce / Gravy!

Gluten free Giant Yorkshire Pudding Ingredients:-

100g Cornflour
150ml Milk
3 eggs
Salt & fresh ground Black Pepper

Method:-

(1) Heat your oiled Yorkshire Pudding tray in the oven at 220c until the oil is smoking.
(2) Whisk all the ingredients vigorously.
(3) Pour into the tray and return to the oven very quickly.
(4) Cook at 220c for 10 minutes the reduce the temperature to 180c.
(5) Cook for a further 25 minutes.

(6) Remove and allow to cool. Your Yorkshire Puddings will stand reheating if required.

Sweet & Sour Sauce Ingredients:-

1 Onion, finely chopped
1 Red Pepper, chopped
2 Cloves of Garlic, minced
1 Thumb size piece of fresh or fermented Ginger, minced
Tomato Ketchup
Cider Vinegar
Pineapple Juice
4 Spring Onions, sliced
Chilli Flakes
Cayenne Pepper
Soy Sauce
Salt & Pepper
Oil

Method:-

(1) In a large pan or Wok fry the Onions and then add the Garlic & Ginger with the dry seasonings.
(2) Add The Red Pepper.
(3) Add the Soy Sauce, Tomato Ketchup and Vinegar.
(4) Simmer and add the Pineapple juice.
(5) Simmer for 10 to 15 minutes to reduce.
(6) Add the Spring Onions are stir in.

Set the sauce aside to cool.

?Chinesed? Roasted Turkey Thigh Ingredients:-

Sweet & Sour Sauce (See above)

Mono-Sodium Glutamate
A Turkey thigh with the bone in

Method:-

(1) Lift the skin from the thigh and rib 1/8 of a Teaspoon of Mono-Sodium Glutamate over the meat.
(2) Replace the skin and pour the Sweet & Sour Sauce over the entire thigh.
(3) Preheat the oven to 180c.
(4) In an oven proof tray foil the thigh.
(5) Roast in the preheated oven for half an hour.
(6) Baste regularly by spooning the sauce back over the thigh.
(7) Remove the foil and return to the oven for a further 10 minutes.

5 Spice Roast Potatoes ingredients:-

Potatoes peeled and halved
Salt and Pepper
Chinese 5 Spice
Oil to roast

Method:-

(1) Parboil the Potatoes.
(2) Drain and shake vigorously to roughen to outsides.
(3) Mix the Salt, Pepper and 5 Spice in the Oil and drizzle over the Potatoes.
(4) Place in the oven at the same time as the Turkey thigh

Stir Fry ingredients:-

Cabbage
Swede
Carrot
Onion

Garlic
Oyster Sauce
Bacon Lardons
Oil to fry

Method:-

(1) Finely slice all the vegetable ingredients.
(2) Fry the Bacon Lardons in a large frying pan or Wok.
(3) Add the vegetables and Oyster Sauce and flash fry stirring constantly.

Carrot Batons ingredients:-

Carrots peeled and cut into fine Batons
Garlic Butter / Margarine

Method:-

(1) Boil the Carrots until softened.
(2) Drain.
(3) Stir in the Garlic Butter.

Sweet and Sour Sauce/Gravy ingredients:-

Cornflour and water
A Red Wine Stock Pot and a Beef Stock Pot
Cooking juices from your Turkey thigh
Oyster Sauce

Method:-

(1) Mix everything in a pan.
(2) Bring to the boil.

(3) Reduce the heat and allow to simmer into it thickens to a gravy constancy.

I?m pretty sure that nobody will ever attempt to replicate this recipe. If you do we?ll probably all meet up in a Mental Health Care Unit in the near future!