

Recipe for: Turkey Piccata

Ingredients: 2 lemons
1/3 cup plain breadcrumbs (I used a smidge more)
4 (1/2 inch thick) turkey breast cutlets (1 pound)
olive oil cooking spray
1 pint grape or cherry tomatoes
4 large fresh thyme sprigs
1/2 cup dry white wine
2 tablespoons each minced shallots and drained capers
1 tablespoon unsalted butter

Cut off peel and pith from lemons. Cut into slices, then cut slices in half; reserve. Spread breadcrumbs on waxed paper. Press cutlets into crumbs to coats.

Coat a large nonstick skillet with cooking spray and place over medium-high heat. Lightly spray cutlets with cooking spray. Cook 2-1/2 minutes per side or until golden and no longer pink in thickest parts. Remove to a platter and keep warm.

Add tomatoes and thyme to skillet, raise heat to high, and cook, shaking pan, for 2 to 3 minutes or until tomato skins start to char and split in spots; transfer to platter.

Add wine, shallot, and capers to skillet; boil 1 minute or until wine is reduced by half. Reduce heat and swirl in butter and reserved lemon slices until butter is emulsified. Spoon over turkey and serve with tomatoes.

Preparation:

To make the spice simply grind all the ingredients together in a clean coffee grinder and toast in a dry, hot skillet until the fragrances are released. Do not burn. Most retail stores sell a variety of ready-made spice mixes so don't be overwhelmed thinking you have to use the Moroccan spice mix for the recipe. Use whatever you prefer and remember to clean your coffee grinder very well.

Pre-heat oven to 375°. Cut sweet potatoes into 1/8 slices and toss with olive oil, rosemary and garlic. Roast approximately 15 minutes or until tender.

Coat the beef fillets with your chosen spice mix and sear in a hot, oiled pan. Cook to desired temperature (medium-rare: 8-10 mins/well-done 12-15 mins). When ready, serve with portion of potatoes and cooked broccoli.