



Simple Sous Vide Turkey

SERVES: 6-8

PREP TIME: 25 MINUTES

COOK TIME: 4 HOURS



Ingredients

- 1 turkey, 10 to 12 lb., cut into bone-in pieces (breasts, thighs and drumsticks)
- 8 tablespoon slices of unsalted butter pads (or ¼ cup duck fat; optional)
- 4 Sprigs of sage (or as desired)
- 4 Sprigs thyme (or as desired)
- 4 Sprigs rosemary (or as desired)
- 1 lemon sliced into 5 to 6 rounds
- 4 tablespoons (equal parts of olive and butter for searing)

Rub

- 2 tablespoons of kosher salt
- 2 tablespoons of coarse pepper
- 1 tablespoon of sage powder
- 2 tablespoons of garlic powder
- 2 tablespoons of onion powder

Preparation

1. Preheat the sous vide water bath to 145°F (63°C).
2. For the Rub: Combine dry rub ingredients and mix well. Rub each piece of turkey generously.
3. Using two, one-gallon size sous vide pouches, place the meat into each, side by side and be sure they lie flat. Place butter pads atop each piece of turkey and divide the fresh sprigs of sage, thyme, rosemary and lemon evenly throughout each bag and vacuum seal.
4. Place the turkey in the sous vide bath and cook for 4 hours.
5. If you are not serving immediately, prepare a large bowl of ice water. Remove all the unopened bags from the water bath and place into the ice water for 20 minutes.
6. Prior to serving, preheat your combination of oil and butter into a hot skillet at about 375°F, (medium/high heat – a cast iron is great for this, but any skillet will do).
7. Remove all the turkey pieces from the bags and pat dry. Working in batches, sear the turkey until golden and crispy, about 3 to 4 minutes per side. Let rest about 10 minutes and transfer to a carving board and serve.

Tip: When placing cold turkey into the sous vide water bath, keep in mind that the water temperature will decrease. To compensate for this, try to leave your turkey out at room temperature for 1 hour prior to cooking. Dependent on the temperature of your turkey, you'll need to add on an additional 15 to 30 minutes to compensate for the time it takes to bring your water bath back up to the correct temperature.

Optional: This recipe is very simple, but if you desire to add additional ingredients, then have fun and experiment! Try adding carrots, celery, onion, chicken stock, garlic, or other spices you prefer to make your holiday dinner exceptional!