



# Herb Crusted Turkey Filet, coriander sweet potatoes, frenched green beans and a leek cream sauce

Recipe courtesy of UConn Dining Services | [dining.uconn.edu/recipes](http://dining.uconn.edu/recipes)  
Makes 4 servings

*Award-winning recipe by UConn Chef Sean Hawkins.*

## Quick Pickled Peppers

1 cup apple cider vinegar  
¼ cup sugar  
2 tbsp shallots sliced thin  
2 tbsp red bell pepper, brunoise

- Bring vinegar and sugar to a boil until sugar is dissolved.
- Remove from heat; and stir in shallots and peppers.
- Set aside to pickle or in refrigerator until needed.

## Leek Cream Sauce

½ pound peeled garlic  
¼ pound leeks, sliced  
1 1/2 cups heavy cream  
2 Tbsp Olive oil  
Kosher Salt-as needed

- Place garlic in a saucepan covered with water. Bring to boil for 5 minutes, then strain off water, cover garlic with fresh water, and boil for another 10 minutes.
- Strain, then return saucepan with garlic to medium heat and add heavy cream and leeks.
- Bring to simmer, cooking until garlic is soft and cream has reduced slightly 8-10 minutes.
- Using emersion blender, puree until smooth with 2 tbsp olive oil.
- Season to taste with kosher salt and hold sauce on side in warmer until needed.

## Coriander Sweet Potatoes

1 ½ pounds sweet potatoes, peeled and diced  
2 tbsp butter  
1 ½ tbsp ground coriander  
½ tsp ground cayenne  
Kosher Salt-as needed

- Place sweet potatoes in medium pot and cover with cold water.
- Bring to boil and simmer until potatoes are soft, 30-35 minutes.
- Strain potatoes, saving ¼ cup liquid.
- Then using ricer, rice sweet potatoes back into pot.
- Add 2 tbsp butter, cayenne, coriander, and saved potato liquid into pot.
- Mix potatoes until smooth, and season to taste with salt.
- Hold in warmer until needed.

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## Herb Crusted Turkey Filets

1 each (10-12 Pound) Thawed Whole Turkey - Fabricated

1 cup mayonnaise

1 tbsp granulated garlic

2 tbsp fresh parsley, finely chopped

2 tbsp fresh sage, chiffonade

2 tbsp fresh rosemary, finely chopped

1 tbsp fresh thyme leaves, finely chopped

Kosher Salt-as needed

Freshly ground black pepper-as needed

Olive Oil-as needed

3 Tablespoons butter

- Break down turkey into usable pieces.
- Fabricate 4 each (4oz) turkey breast filets.
- (Wrap up, label and date remaining turkey)
- In small bowl, mix together mayonnaise, granulated garlic and a pinch of salt.
- In separate bowl, combine chopped herbs with a pinch of salt and pepper.
- Dredge each turkey filet in mayonnaise and then place in seasoned herbs, pressing to fully coat both sides, set aside, and repeat with remaining turkey breasts.
- Heat oil nonstick pan over medium-medium high heat.
- Carefully place turkey in pan and cook about 6 minutes on each side, continually basting with butter. Cook until turkey reaches internal temperature of 165 degrees, then remove from pan and allow to rest, keeping hot.

## Frenched Green Beans

2 tbsp olive oil

½-pound fresh green beans

½ lemon

2 tbsp butter

- Kosher Salt-as needed
- Freshly ground black pepper-as needed
- De-stem and French green beans, set aside.
- Heat oil in fry pan over medium high heat.
- Add green beans and cook until tender.
- Then add butter and a squeeze of fresh lemon juice.
- Season to taste with salt and pepper and hold hot in warmer until needed.