

# Sous Vide Turkey Breast

**PREP TIME: 10 MINUTES**

**COOK TIME: 3 HOURS AND 45 MINUTES**

**SERVES 6-8**

## **Ingredients:**

2 skin-on deboned turkey breast halves (one whole turkey breast), tenderloins attached

6 tablespoons **Spitjack Smoked Turkey Rub** ([www.spitjack.com/turkeyrub](http://www.spitjack.com/turkeyrub))

2 tablespoon olive oil, plus more for finishing

4 garlic cloves

4 strips lemon peel

2 sprigs fresh thyme

2 sprigs fresh oregano

## **Special equipment needed:**

2 silicone storage bags or heavy-duty zip-top bags

Sous vide immersion cooker

Large stockpot

Cast iron skillet

## **To pre-season the turkey:**

Generously season each turkey breasts with the **Spitjack Smoked Turkey Rub**. Place the breasts into their own silicone storage bags or heavy-duty zip-top bags. Divide the remaining ingredients between the two bags and close to seal. Let turkey cure overnight, or up to 3 days in advance.

## **To cook the turkey:**

Fill a large stockpot two-thirds full with warm water. Attach the sous vide machine to the pot and program the temperature to 142°F for 3 ½ hours.

Use the “water displacement method” to seal the turkey bags. With one corner of the bag still open, gently lower the bag into the water, letting the pressure of the water force

the remaining air out. Once the bag is almost all the way underwater, seal the last portion of the bag. Repeat with the second bag and place both in the pot.

Let cook until the sous vide machine timer goes off. Remove the bags from the water and the turkey from the bags, picking off the herbs, lemon peel and patting dry.

**To finish the turkey:**

Heat a cast-iron skillet over medium-high heat. Drizzle in olive oil and place the breast skin-side down. Let cook and bubble in the oil for 3-4 minutes, until it naturally releases. Using tongs, hold the breast at an angle to get all the areas of the skin to touch the oil. Once all the skin is golden brown, set aside to rest and repeat with the other breast.

**To serve:**

Lay the breasts on a cutting board and thinly slice on a bias. Transfer to a serving platter and serve immediately.

**Notes, tips, and tricks:**

To use only one turkey breast, half the ingredients, but keep the cooking time the same.

Use a vegetable peeler to peel off the strips of the lemon rind, being careful not to get the bitter, white pith.

Stasher brand silicone bags are great bags to store and cook sous vide food in. You can find them online or at specialty food stores.

Once the turkey is sous vide, it can stay in the bag for up to two days. When ready to serve, remove from the bag, pat dry and finish the recipe as noted.

For more smokey flavor, sprinkle the breast with more rub before searing in the skillet.