

Turkey breast crusted with Maille fine herbs mustard, Pearl onions, baked beans purée

Recipe for 4



Description

Quebec Turkey breast crusted with a mix of panko and Maille fine herbs mustard, going with a smooth purée of baked beans, and glazed Pearl onions.

Note

The Maille brand offers a lot of mustard choices, so don't have any hesitation switching for another one on this recipe.

Ingredients

For the turkey breasts

- 4 Unit(s) Turkey supreme with skin
- 30 Gr Japanese breadcrumbs (panko)
- 60 Ml Maille fine herbs mustard
- Salt and pepper
- Vegetable oil

For the baked beans purée

- 1 Unit(s) Shallot
- 60 Ml White wine
- 1 Can(s) Baked beans
- Salt and pepper
- Vegetable oil

Preparation

- Preparation time **45 mins**
- Preheat your **Oven** at **425 F°**

For the preparations

For the Pearl onions

- 16 Unit(s) Pearl onion
- 125 Ml Chicken stock
- 30 Gr Brown sugar
- Salt and pepper
- Vegetable oil

For the garnish (optional)

- 1 Handful(s) Arugula salad
- Salt and pepper
- Vegetable oil

Peel the Pearl onions. Finely chop the shallots. Mix the panko and the Maille fine herbs mustard.

Turkey breast preparation

Season the turkey breasts with salt and pepper. Place them skin side down in a hot pan with a drizzle of vegetable oil. Turn the breasts and sear them on the other side. Transfer to a baking tray with a parchment paper and top it with the mix of Maille fine herbs mustard and panko.

Pearl onions preparation

Place the onions in a small saucepan with chicken stock and maple syrup and cook uncovered until the liquid is completely absorbed to glaze the onions. Check they are cooked with a knife and add a little chicken broth if necessary. Season with salt and pepper.

Baked beans purée preparation

In a small saucepan, sweat the shallots, deglaze with white wine and reduce until dry. Add the baked beans and maple syrup and let heat through. Mix using the blender until smooth and add a little chicken broth if necessary.

To serve

Slice the breasts. Draw a line of mashed beans at the bottom of your plate, place your breast on top and put some Pearl onions around. Decorate with a few arugula leaves.

Bon appétit!