

Low fat turkey breast makes delicious holiday meal

Here's a spectacular roast turkey breast, stuffed with sun-dried tomatoes, hazelnuts and rosemary that would be welcome at any festive occasion. It's bursting with flavor and low in fat.

Roast Turkey Breast Stuffed with Sun Dried Tomatoes, Hazelnuts and Rosemary

1 whole boneless turkey breast, about 3 1/2 pounds	1
2 cloves garlic, thinly sliced	2

4 bay leaves	1/4 cup port
2 ounces sun-dried tomatoes (dry pack)	2 ounces hazelnuts
2 cup parsley leaves	1 tsp. fresh rosemary leaves
1 tsp. dried rosemary	1 tsp. salt
1 tsp. balsamic vinegar	1/2 lemon
1 small onion	

For Sauce:

1 cup defatted chicken stock
1 cup white wine
1/4 cup port
3 tbs. cornstarch dissolved in 1/2 cup cold water
1 salt
1 fresh ground black pepper

The turkey breast should be the whole breast with skin still attached (it will be removed after roasting). A 14- to 15-pound turkey will yield a 3 1/2 pound breast. In a large baking dish, pour 1/4 cup of the port over the turkey breast, distribute the garlic slices and bay leaves over and under the meat and season with several grindings of the pepper. Cover

tightly with plastic wrap and refrigerate overnight. Meanwhile, soak sun-dried tomatoes in remaining 1/2 cup port. Toast hazelnuts for 10 to 15 minutes in a 350F oven until fragrant and lightly browned. Rub in a towel to remove skins. Shortly before roasting time, remove garlic from turkey and transfer to a food processor along with sun-dried tomatoes and their liquid, hazelnuts, parsley, rosemary, salt and balsamic vinegar. Pepper to taste. Process until thoroughly pureed. Drain turkey breast, reserving port marinade for sauce. Rub some of the puree mixture between the turkey breast and skin. Spread remaining mixture over the meat, pushing it into the muscle separations as much as possible.

Fold turkey breast in half lengthwise and tie with several loops of cotton string into a long cylinder. Place cylinder seam side down on a roast rack set in a shallow roasting pan. Slice lemon thinly and arrange over the turkey breast along with bay leaves from marinade. Slice onion and strewn in roasting pan. (Note: Turkey breast may be stuffed and tied several hours in advance and refrigerated - remove one hour before roasting.)

Preheat oven to 450F. Put in turkey breast, reduce heat to 325F and roast 1 3/4 hours or until meat test done - do not overcook! Remove turkey breast and let rest in a warm place while preparing sauce.

Place roasting pan on stove and add white wine and stock. Bring to boil over high heat, scraping up brownings with spoon or spatula. Strain through a sieve, pressing out every bit of liquid from the onions. Allow liquid to settle and carefully skim off all fat. Transfer liquid to a saucepan and add 1/4 cup port and reserved port marinade. Bring to a boil, reduce heat and simmer several minutes. Slowly stir in dissolved cornstarch, using only enough to make a lightly thickened sauce. Simmer for a few more minutes and season with salt and fresh-ground black pepper to taste.

Remove skin from turkey breast and slice carefully into fairly thick slices, allowing one slice per serving; try to keep slice intact for presentation. Serve with sauce. For an elegant presentation, arrange the slices neatly over a pool of the sauce.

Welcome to Christmas at The Glass Store



We offer you an incredible Collection of glass and crystal gifts!

We offer our personalized in-store monogramming service!

We offer you warm, friendly assistance, and a gift wrapping service!

So... treat yourself to a visit soon!

Open House - Thurs., Evening, Nov. 30th

134 Robinson St., Markham 294-6085

ANA JEWELLERY

PRE CHRISTMAS SALE

50% off

WE CARRY A FULL SELECTION OF DIAMONDS GOLD JEWELLERY UP TO WEDDING BANDS TO

FREE JEWELLERY CLEANER
Redeem this coupon with every \$50⁰⁰ purchase for a **FREE** 117 mL jar of Jewellery Cleaner. Reg. \$5⁹⁹

IN THE FORTINO'S SUPER MALL 477-0259

The Cathedral Concert Series presents

CHRISTMAS AT THE CATHEDRAL

Featuring

JOANNE KOLOMYJEC, Soprano
accompanied by William O'Meara

with


ST. MICHAEL'S CHOIR SCHOOL
directed by Monsignor Barrett Armstrong

Seasonal spirituals, carols and motets

Sunday, December 17, 1995 at 3:00 p.m.

CATHEDRAL OF THE TRANSFIGURATION
10350 Woodbine Avenue
(north of Major MacKenzie Drive in Markham)

All tickets \$25 including GST
Group, student and senior discounts available on advance orders



Tickets available in person or at the Roy Thomson and Massey Hall Box Offices or by calling

(416) 872-4255

Here's What's Happening at

FORTINOS

Super Mall

PRINCESS KARMA & CO.



Bring the family and be entranced by the Illusions of Princess Karma & Co. Saturday, Dec. 2 2 p.m.

FORTINOS SUPERMARKET 3RD BIRTHDAY PARTY SAT., DEC. 2

Help us celebrate with Birthday Cake, Balloons, Clowns, Costumed Characters

WE WELCOME OUR 2 NEW STORES

ANA JEWELLERY 鹿園 金銀 珠寶
Special Orders Jewellery & Watch Repairs, Expert Appraisal Services

GRACEFUL GARDEN RESTAURANT

OPEN

Kennedy Road, 100 Denison Street, Markham
7 Kennedy Mall, Fortino's Super Centre Mall