

Turkey Breast Cold Cuts (Sous Vide)

March 17th, 2022

This recipe serves: 12

Prep Time: 00:30

Cook Time: 02:00

Commercially available lunch meat is full of preservatives. You can make tasty sliced roast turkey lunch meat with none of the unhealthy additives.

Ingredients:

4-5 pounds Boneless Skinless Turkey Breast

Turkey Rub

2 Teaspoons Chimichurri Powder

1 Tablespoon Brown Sugar, packed

1 Teaspoon Garlic Powder

1 Teaspoon Onion Powder

1 Teaspoon Dried Bell Peppers

1 Teaspoon Aleppo Pepper

1 Teaspoon Orange Peel

1/4 Teaspoon Buttermilk Powder

Directions:

In a small bowl, mix the Rub Mix ingredients.

If desired, you can pre-slice the Roast.

Freeze the meat for 20 minutes.

Using a sharp knife or a meat slicer, cut the roast into paper-thin slices.

Spread the Rub liberally over the Sliced Roast, ensuring complete coverage.

Reconstruct the Meat Slices into a single Roast.

Place the Turkey Roast into a Sous Vide bag, in a single layer.

Vacuum out all the air and seal the bag.

Marinate in the refrigerator for 3 days, or up to 5 days.

Freeze up to 6 months.

Note: Thaw before cooking.

Sous Vide at 146° F for 2 hours.

Remove the bag from the Sous Vide.

The unopened bag can be refrigerated up to 4 weeks or frozen up to 6 months.

Open the bag and discard the liquid (Au Jus).

If you did not pre-slice the Roast, slice the Turkey Roast into paper-thin slices.

Refrigerate up to 2 weeks.