

# Chef Alyssa's Kitchen Frigidaire Professional Recipe Guide



## **Chef Alyssa Handles:**

Instagram: @chefalyssactl

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## **Frigidaire Handles:**

Instagram: @frigidaire and @frigidairecanada

# **Chef Alyssa's Favorite Sous Vide Turkey**

Whole Turkey, average weight

6 oz unsalted butter, softened

3 sprigs fresh sage or 2 Tablespoons dry sage

Kosher salt and black pepper to taste

Special Tools: Boning knife, butchers' twine, vacuum sealer with food safe plastic bags

1. Pull the turkey from the refrigerator 45 minutes to 1 hour before use.
2. In a food processor, combine the soft butter with minced sage leaves and a heavy pinch of salt; process until smooth and then set aside.
3. Butcher the turkey... remove the breasts from the cage and then the leg and thighs.
4. Separate the leg from the thighs and then debone the thighs. Save the cage, wings, thigh bones and neck for making stock for gravy, etc.
5. If you would like to brine your turkey, you can certainly do so to achieve a delicious flavor throughout the meat, but it still comes out wonderfully without. Brine for 4 to 6 hours.
6. Season the turkey by pulling the skin back from all pieces. (I take the extra step to remove some of the feather bones from the turkey legs to make them more tender and easier to eat.) Season the meat with salt and pepper and then spread the sage butter on. Pull the skin back over and use butchers' twine to secure the thighs and keep a nice shape.

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## Frigidaire Professional

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7. Vacuum seal the pieces between the amount of bags you need.
8. Set your Frigidaire Professional Series lower oven on Slow Cook setting at 150°F with the air fry basket set on the center rack.
9. Once the temperature is reached, place the turkey onto the racks. Cook for 2½ hours.
10. Remove turkey from the oven and rest for 25 minutes. See below options for preparation:

-If preparing to use the next day, or later that day, set the bags in an ice bath to fully chill. Before cooking, place the bags back into the oven for about 30 minutes to warm up before roasting following the next step.

-If roasting right away, go ahead with the next step.

11. Set your oven to Convection 450°F.
12. Remove the turkey from the bags and place on two separate roasting racks set on a rimmed sheet tray; one for dark and one for white meat.
13. Place in the oven, using the probe thermometer to monitor the temp of the white meat to bring it to 160°F. Once ready, remove and set aside and place the thermometer into the dark meat and pull that when it reaches 170°F.
14. Let the turkey rest for 10 minutes before slicing the meat and serving.