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CULINARY COLLEGE

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*The Culinary Institute of America Cookbook*

## Roast Turkey Breast with Pan Gravy and Chestnut Dressing

### Ingredients

One turkey breast, bone-in, about 7–8 lbs	½ cup diced carrot
1 bay leaf	½ cup diced celery
1 large sprig fresh thyme	5 cups Chicken Broth, divided use (recipe follows)
½ bunch fresh flat-leaf parsley	⅓ cup cornstarch
1–2 tbs fresh lemon juice	⅓ cup cold water
Salt and freshly ground pepper	6 cups Chestnut Dressing (recipe follows)
¾ cup diced yellow onion	



### Method

1. Preheat the oven to 450°F. Set a roasting rack in a large roasting pan.
2. Rinse the turkey in cool water and pat dry. Stuff the bay leaf, thyme, and parsley under the skin. Rub the lemon juice over the entire bird and season with salt and pepper.
3. Place the turkey skin side up on the rack in the roasting pan, transfer to the oven, and immediately reduce the oven temperature to 350°F. Roast, basting occasionally with the accumulated pan drippings, until an instant-read thermometer inserted in the thickest part of the turkey breast registers 170°F, about 2½ to 3 hours. Add the onion, carrot, and celery to the roasting pan during the final hour of roasting time. Remove the turkey from the oven and transfer it, still on its rack, to a baking sheet. Cover loosely with foil and let the turkey rest while preparing the pan gravy.
4. While the turkey is resting, prepare the pan gravy as follows: combine the pan drippings, onion, carrot, and celery in a saucepan. Add ½ cup of the broth to the roasting pan and stir to deglaze the pan, scraping up any browned bits. Add these drippings to the saucepan along with the remaining broth. Simmer over medium heat, skimming away any fat that rises to the surface, until slightly reduced and flavorful, 20 to 25 minutes.
5. Stir the cornstarch and water together to make a slurry. Gradually add the cornstarch slurry to the simmering broth, whisking constantly, until the gravy has a good consistency. Simmer 2 minutes more, strain, taste, and season with salt and pepper.
6. Carve the turkey into slices and serve with the gravy and the chestnut dressing.

*Makes 8 servings*

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## Chicken Broth

### Ingredients

4-lb stewing hen or chicken parts or meaty bones, such as backs and necks	1 celery stalk, diced (about ½ cup)
3 quarts cold water	5–6 whole black peppercorns
1 large onion, diced (about 1¼ cups)	3–4 parsley stems
1 carrot, diced (about ⅓ cup)	1 bay leaf
	1 sprig fresh thyme
	1½ tsp salt, or to taste

### Method

1. Place the chicken and water in a large pot (the water should cover the chicken by at least 2 inches; add more if necessary). Bring the water slowly to a boil over medium heat.
2. As the water comes to a boil, skim any foam that rises to the surface. Adjust the heat once a boil is reached, so that a slow, lazy simmer is established. Cover partially, and simmer 2 hours, skimming as often as necessary.
3. Add the remaining ingredients. Continue to simmer, skimming the surface as necessary, until the broth is fully flavored, about 1 hour.
4. If using hen or chicken parts, remove them and cool slightly. Dice or shred the meat, and reserve to garnish the broth or save for another use. Discard the skin and bones.
5. Strain the broth through a fine sieve or cheesecloth-lined colander into a large metal container. Discard the solids.
6. If you are using the broth right away, skim off any fat on the surface. If you are not using the broth right away, cool it quickly by transferring it to a metal container (if it's not in one already) and placing the container in a sink filled with ice-cold water. Stir the broth as it cools, and then transfer it to storage containers. Store in the refrigerator up to 5 days, or in the freezer up to 3 months. Label and date the containers clearly before putting them into the freezer.

**Notes:** To make a double chicken broth, use cold chicken broth instead of water.

Some stores sell packages of necks and backs that can be used to prepare broth. This broth can also be made with the carcass of roasted birds. Save the bones after all of the meat has been pulled or carved away (freeze them if you will not be making the broth within a day or two). You will need the carcasses of about 3 birds.

If the broth is allowed to chill in the refrigerator overnight, the fat will rise to the surface and harden. It is then easy to lift away. The broth will then be completely fat free, and will only have the salt that you have chosen to add.

If, after straining the broth, you find the flavor to be weaker than you would like, simply put the broth back on the stove and boil it down until the flavor has concentrated.

*Makes around 2 quarts*

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## Chestnut Dressing

### Ingredients

8 cups bread cubes	1 large egg, lightly beaten
3 bacon strips, minced	3 tbsp chopped parsley
2 tbsp water	½ tsp chopped sage
½ cup minced onion	½ tsp ground black pepper, or to taste
1 cup chestnuts, roasted and chopped	
⅓ cup Chicken Broth (recipe above), warmed	

### Method

1. Preheat the oven to 350°F. Butter a 2-quart baking dish or casserole. Cut a piece of parchment paper to use as a lid and butter it lightly.
2. Spread the bread cubes on baking sheets and place in the oven until dry, about 8 to 10 minutes. Transfer them to a large mixing bowl.
3. Heat a large skillet over medium heat. Add the minced bacon and water and cook slowly until the bacon is crisp. Remove the bacon with a slotted spoon and set aside. Add the onion and sauté, stirring frequently, until tender and translucent, about 5 minutes.
4. Remove from the heat and cool before adding to the bread cubes along with the reserved bacon, chestnuts, chicken broth, egg, parsley, sage, and pepper. Toss the ingredients together until evenly blended and moistened.
5. Place the stuffing in the baking dish and cover with the parchment paper. Bake the stuffing until the top and edges are browned and crisp, about 45 minutes. Serve the dressing very hot.

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## Brussels Sprouts

with Mustard Glaze

### Ingredients

- 3 cups Brussels sprouts
- $\frac{3}{4}$  cup Vegetable Broth (recipe follows)
- 1 tbsp whole-grain mustard
- Salt and pepper as needed

### Method

1. Rinse the Brussels sprouts, drain, and trim the stem ends by cutting away a thin slice with a paring knife. Cut a shallow X into each stem. Pull away any loose or yellowed leaves.
2. Bring a large pot of salted water to a rolling boil over high heat. Add the Brussels sprouts and cook until the top of a paring knife goes into the stem end of the largest Brussels sprout easily, 10 to 12 minutes. Drain in a colander and reserve.
3. Return the pot to high heat. Add the vegetable broth and the mustard, whisking until the mustard is evenly blended into the broth. Simmer until the mixture is lightly thickened, about 2 minutes. Return the Brussels sprouts to the pot; stir or toss until evenly coated. Season to taste with salt and pepper. Serve at once in a heated bowl or on heated plates.

*Makes 4 servings*

## Vegetable Broth

### Ingredients

- 2 tsp olive or corn oil
- 1–2 garlic cloves, finely minced
- 2 tsp minced shallots
- 3 quarts water
- 1 large onion, thinly sliced (about  $1\frac{1}{4}$  cups)
- 1 leek, white, light green, and dark green parts, trimmed and sliced (about 3 cups)
- 1 celery stalk, thinly sliced (about  $\frac{1}{3}$  cup)
- 1 parsnip, thinly sliced (about  $\frac{1}{3}$  cup)
- 1 cup thinly sliced broccoli stems
- 1 cup thinly sliced fennel, with some tops
- $\frac{1}{2}$  cup dry white wine or vermouth, optional
- 1 tbsp salt or to taste
- 4–5 whole black peppercorns
- $\frac{1}{2}$  tsp juniper berries
- 1 bay leaf
- 1 sprig fresh or  $\frac{1}{4}$  tsp dried thyme

### Method

1. Heat the oil in a soup pot over medium heat. Add the garlic and shallots and cook, stirring frequently, until they are translucent, 3 to 4 minutes.
2. Add the remaining ingredients and bring slowly to a simmer. Cook until the broth has a good flavor, about 1 hour.
3. Strain the broth through a sieve. Allow it to cool completely before storing in the refrigerator.

*Makes about 2 quarts*

**Notes:** This broth can be prepared in large batches, then frozen for later use. Be sure to label and date the containers so that you use the oldest broth first. Freeze the broth in ice cube trays, then store the frozen cubes in large freezer bags so you can thaw exactly the amount needed at any given time.

When preparing vegetables for other dishes, save any wholesome trim or peels that you want to put into the broth. Then every few days, put on a pot of broth. You will get a nutrient boost, as well as avoiding the use of canned broths that might be higher in sodium than you'd like.





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## Roasted Carrots and Parsnips with Herbs

### Ingredients

- 4 parsnips
- 5 carrots
- 3 tbsp olive oil
- 1 tsp salt, or to taste
- ½ tsp freshly ground black pepper,  
or to taste
- 2 tsp rosemary, chopped
- 2 tsp sage, chopped

### Method

1. Preheat the oven to 350°F.
2. Peel the parsnips and carrots. Cut them into chunky pieces roughly 2 inches long and 1 inch thick. All the pieces should be of uniform size and shape.
3. Toss the parsnips and carrots with the oil, salt, pepper, rosemary, and sage in a large bowl.
4. Spread evenly in a large shallow baking pan. Roast the vegetables in the lower third of the oven until tender, about 30 to 35 minutes.

*Makes 6 servings*

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We hope you enjoy this recipe from Joe Muré '74 (1950–2005), assistant professor in culinary arts at The Culinary Institute of America.

## Fresh Cranberry Sauce

### Ingredients

One 12-ounce bag of fresh  
or frozen cranberries  
1/3 to 1/2 cup sugar  
1/3 cup orange juice  
1/4 cup Grand Marnier  
2 to 3 tbsp orange marmalade



### Method

1. If using fresh cranberries, wash, pick through, and dry thoroughly.
2. In a medium saucepan, mix 1/3 cup of sugar with remaining ingredients. Taste to adjust sweetness and add more sugar if desired.
3. Place over medium-high heat and simmer, stirring occasionally until the berries pop.
4. You may serve hot or cold.

*Makes 6 servings*

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## Potato Gratin

### Ingredients

1 lb russet potatoes, peeled, cut into ¼-inch slices	¼ tsp freshly ground black pepper, or to taste
1 cup whole milk	½ cup Gruyère cheese, grated
1 cup heavy cream	3 tbsp breadcrumbs
1 garlic clove, minced	3 tbsp Parmesan cheese
½ tsp salt, or to taste	



### Method

1. Combine the potatoes, milk, heavy cream, garlic, salt, and pepper in a large saucepan. Simmer until the potatoes are three-quarters cooked, about 8 to 10 minutes.
2. Remove the potatoes from the heat and stir in the Gruyère. Pour the potatoes into a small, shallow pan. Combine the breadcrumbs and Parmesan and scatter evenly over the potatoes. Bake in a 350°F oven until golden brown, about 30 minutes. Allow the potatoes to set for 5 to 7 minutes before slicing.

*Makes 6 servings*

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