

THE CULINARY INSTITUTE OF AMERICA



For Butterball Foodservice

Recipe Booklet

**The Culinary Institute of America at Copia
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Recipes developed by The Culinary Institute of America
as an industry service to Butterball Foodservice

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KOREAN TURKEY KIMCHI SOUP (KIMCHI JJIGAE)

Yield: 8 portions

Prep time: 20 minutes/ Cook time: 35 minutes

Ingredients	Amounts	
Butterball® Turkey Thigh Roast, shredded	1 lb.	16 oz
Soy sauce	2 Tbsp	1 oz.
Mirin	2 Tbsp	1 oz.
Gochoujang (fermented bean paste)	3 Tbsp	2 oz.
Gochugaru (Korean chili flakes)	1 Tbsp	
Turkey stock	8 cups	64 oz.
Kimchi	2 ½ cups	24 oz.
Canola oil	¼ cup	2 oz.
Garlic cloves, peeled, smashed	¼ cup	1 ½ oz.
Onion, thinly sliced	1 ½ cup	6 oz.
Shiitake mushrooms, thinly sliced	1 quart	4 oz.
Daikon radish, peeled halved sliced into ¼" ½ moons	2 cups	8 oz.
Sugar	2 Tbsp.	1 oz.
Fish sauce	1 Tbsp.	½ oz.
Sesame oil	1 Tbsp.	½ oz.
Silken tofu, 16 slices	14 oz. package	
Green onions, thinly sliced	1 cup	3 oz.

Method

1. Mix the Butterball Turkey Thigh Roast, soy and mirin together in a bowl and set aside.
2. In another bowl, whisk together the gochoujang, gochugaru, and turkey stock, and set aside.
3. Strain the kimchi, reserving the juices. Roughly chop the kimchi.
4. In a 6-quart soup pot, heat the canola oil and add the garlic, onion, mushrooms and kimchi. Cook until the vegetables are softened, about 2-3 minutes.
5. Add the stock mixture, daikon radish, and the reserved kimchi juice, and then bring to a boil.
6. Reduce heat to a simmer and cook for 20 minutes.
7. Stir in the sugar, fish sauce, and sesame oil.
8. Add the turkey and simmer briefly until the turkey is heated through.
9. Gently add the tofu and adjust the heat so the tofu is warmed without simmering.
10. Garnish with scallions and serve.

TURKEY AND PROVOLONE INVOLTINI WITH BROCCOLI-BASIL PESTO AND BALSAMIC REDUCTION

Yield: 8 portions

Prep time: 45 minutes/ Cook time: 2 ½ hours

Ingredients	Amounts	
<i>For the Involtini</i>		
Butterball® Ready-to-cook Turkey Breast, cut against the grain into 4 slices, about ½ inch thick	3 lbs.	36 oz.
White pepper	½ tsp.	
Marjoram, dry	1 tsp.	
Fennel pollen (or ground fennel seed)	1 tsp.	
Basil leaves	24 ea.	
Provolone cheese, sliced 1/8 th -inch	12 ea.	
Butterball turkey bacon slices	12 ea.	
 <i>Balsamic reduction</i>		
Balsamic vinegar	1 cup.	8 oz.
Brown sugar	2 Tbsp.	1 oz.
 <i>Pesto</i>		
Broccoli florets	2 cups	6 oz.
Basil leaves, packed	½ cup	½ oz.
Garlic, rough chop	1 tsp.	¼ oz.
Olive oil	¾ cup	4 oz.
Pecorino cheese, grated	¼ cup	1 oz.

Method

1. Heat a water bath to a temperature of 145 degrees Fahrenheit using a thermocirculator.
2. Using a mallet, pound the Butterball® Ready-to-cook Turkey Breast between two pieces of plastic wrap. The turkey cutlets should have a thickness of ¼ inch. Season both sides of the cutlets with salt and white pepper. Set aside.
3. With each piece of turkey: sprinkle marjoram, lay 6 leaves of basil, add 2 or 3 slices salami or bacon and 3 slices of the Provolone cheese.
4. Roll the cutlets up into a log.
5. Lay a 16 x 10-inch piece of plastic wrap on a moistened surface.
6. Place the turkey log on top of the plastic wrap and roll, continuously rolling the package forward several times until the log tightens. Tie-off the ends of the log with twine. Repeat for each log.
7. Place the logs inside a vacuum sealing bag and vacuum seal 99%.
8. Place the bags inside the prepared water bath and cook for 2 hours, covering the bath with a lid or foil.

9. While the turkey is cooking, make the balsamic reduction by placing the balsamic vinegar and sugar in a small saucepan, cooking on medium heat until $\frac{1}{4}$ cup in volume. Set aside and cool.
10. To make the pesto; prepare an ice bath and heat a pot with boiling salted water and blanch the broccoli until just done, about 2-3 minutes. Remove and chill in the ice bath. Drain.
11. Puree the pesto ingredients in a blender until smooth.
12. Heat a skillet with the remaining oil and sear the turkey rolls on all sides until nicely browned. Place the turkey rolls in the oven until just heated through.
13. Slice the rolls into $\frac{1}{2}$ inch slices and serve with broccoli pesto and balsamic reduction.

KONA TURKEY BOWL

Yield: 8 portions

Prep time: 1 hour/ Cook time: 40 minutes

Ingredients	Amounts	
Butterball® Ready-to-cook Turkey Breast, skin removed	1	ea.
<i>Marinade</i>		
Soy sauce	½ cup	4 oz.
Vegetable oil	¼ cup	2 oz.
Sesame oil	2 Tbsp.	1 oz.
Honey	¼ cup	3 oz.
Mirin	¼ cup	2 oz.
Lemon juice	2 Tbsp.	1 oz.
Ginger, peeled and grated	¼ cup	1 oz.
Garlic, grated	1 Tbsp.	½ oz.
Salt	2 tsp.	
White pepper	½ tsp.	
Wakame seaweed, dry	1 cup	1 ¾ oz.
Water	2 cups	16 oz.
Lacinato kale, destemmed, torn, washed	4 bunch	4 lb
Sesame oil	1 Tbsp.	½ oz.
Soy sauce	2 Tbsp.	1 oz.
Ginger, grated	1 Tbsp.	¼ oz.
Salt	1 tsp.	
Lemon juice	2 Tbsp.	1 oz
Forbidden black rice, cooked	4 cups	16 oz.
Quinoa, cooked	4 cups	16 oz.
Avocado, sliced	2 ea.	
Pickled ginger	1 cup	9 oz.
Macadamia nuts, toasted, crushed	2 cups	9 oz.
Pineapple slices, ½ inch, grilled	8 ea.	
Togarashi spice	¼ cup	1 oz.
Lemon wedges	8 ea.	

Method

1. Cut the Butterball® Ready-to-cook Turkey Breast into 10 even slices, about 1-inch thick.
2. Combine all the ingredients for the marinade in a large mixing bowl. Place the turkey in the marinade making sure it is evenly coated. Cover and refrigerate for 1 hour.
3. Next, place seaweed in a bowl, cover with water for about 5 minutes. Drain and chill.

4. In a large mixing bowl, place the kale, soy sauce, sesame oil, ginger, salt and lemon juice and thoroughly toss and massage for 2-3 minutes until the kale is wilted to about $\frac{1}{2}$ its original volume. Set aside.
5. Heat a grill on medium high and season with oil.
6. Remove turkey from the marinade and grill on both sides until just done. Set aside to cool. Slice into $\frac{1}{2}$ inch strips.
7. Cut the pineapple in half.
8. To assemble the salad, arrange the following in a bowl: 1 cup kale, $\frac{1}{2}$ cup rice, $\frac{1}{2}$ cup quinoa, $\frac{1}{4}$ cup seaweed, 1 pineapple slice, $\frac{1}{4}$ of a sliced avocado, 1 $\frac{1}{2}$ tbsp. pickled ginger, $\frac{1}{4}$ cup macadamia nuts, the sliced turkey and a wedge of lemon.
9. Sprinkle with togarashi spice.

Moroccan Turkey Meatball and Apricot Tagine

Yield: 8 Servings

Prep time: 25 minutes/ Cook time: 20 minutes

Ingredients	Amount
Butterball® Fully Cooked Turkey Meatballs	26 oz.
Extra virgin olive oil	¼ cup, divided
Onion, finely diced	12 oz.
Garlic, finely minced	1 oz.
Fennel, finely diced	8 oz.
Celery, finely diced	4 oz.
Paprika	4 tsp.
Turmeric	2 tsp.
Cumin, ground	1 Tbsp.
Ginger powder	½ tsp.
Cinnamon	½ tsp.
Salt	2 tsp.
Diced frozen apricots or peaches (or substitute peach puree)	10 oz.
Preserved lemon, finely diced	3 Tbsp.
Harissa	3-4 tsp., or as desired for spiciness
Turkey stock	20 oz.
Baby carrots	16 ea.
Baby bell peppers, multicolor	5 oz.
Dried apricots, cut in ½	4 oz.
Red onions, sliced	3 oz.
Parsley, dill, mint, cilantro combination, coarsely chopped	1 cup
Steamed couscous	to serve

Method

1. In a large deep pot, heat half of the extra virgin olive oil and sear the Butterball® Fully Cooked Turkey Meatballs until deep brown on all sides. Remove and reserve the meatballs. Depending on the size of the pot, this may need to be done in 2 batches.
2. Add the remaining olive oil to the pot. Turn the heat to medium, and add the onion, garlic, fennel, and celery, and sweat until translucent.
3. Add the spices and salt, stirring well.
4. Add the frozen apricots (or fruit puree if using), the preserved lemon, harissa and stock. Stir well, bring to a boil, add the carrots and simmer for 5 minutes.
5. Add the meatballs and peppers and simmer until the carrots are tender, and the meatballs are hot.
6. Add the dried apricots and red onion and simmer for an additional 2 minutes. Season to taste with salt, harissa and lemon juice if needed.
7. Stir in the chopped herbs and serve with steamed couscous.

Vietnamese Turkey Bun-Cha with Ginger-Lime Nuoc Cham

Yield: 8 Servings

Prep time: 1 hr/ Cook time: 25 minutes

Ingredients	Amount
Butterball® Coarse Ground Turkey	48 oz.
Onion, finely diced	4 oz.
Garlic, finely minced	2 tsp.
Lemongrass, finely minced	2 stalk
Ginger, finely minced	4 Tbsp.
Lime zest, from one lime	approx. 2 tsp.
Salt	2 tsp.
Turmeric	2 tsp.
Brown sugar	2 Tbsp.
White pepper	1 tsp.

Glaze

Fish sauce	¼ cup
Brown sugar, or palm sugar	¼ cup
Lime, juiced	1 ea.

Bowl Ingredients

Rice noodles, cooked	24 oz
Cucumber julienne	8 oz.
Carrot julienne	4 oz.
Radish julienne	3 oz.
Red cabbage finely shredded	4 oz.
Salad greens	2 oz
Mint, dill, cilantro, sprigs	2 cups total
Ginger Lime Nuoc Cham Dressing (recipe follows)	as needed
Peanuts, chopped	½ cup
Deep fried spring rolls	8-16 pieces

Method

1. In a large bowl, combine the Butterball® Coarse Ground Turkey with the finely minced aromatics and spices. Cook a small patty to make sure the seasoning is correct. Adjust as needed.
2. Form into 2 oz patties and refrigerate for 30 minutes to overnight.
3. Prepare the glaze by bringing the fish sauce, brown sugar, and lime juice to a boil. Boil for a few minutes until a light syrup consistency is achieved. Set aside.
4. Prepare all the bowl ingredients and the Ginger Lime Nuoc Cham Dressing.
5. Grill the patties until they reach an internal temperature of 165°F. When they are nearly done, brush them with the glaze.

- 6. *Assemble the bowl:*** Place the rice noodles in individual serving bowls. Dress the cucumber, carrot, radish cabbage, salad greens and herbs with a little dressing. Arrange all on the rice noodles with the patties. Serve garnished with chopped peanuts and crispy spring rolls.

Ginger-Lime Nuoc Cham Dressing

Yield: 8 Servings

Prep time: 10 minutes/ Cook time: 20 minutes

Ingredients

Amounts

Ginger Lime Nuoc Cham

Garlic, chopped	1 tsp.
Thai bird chiles or 1 serrano, chopped	3 ea.
Sugar	6 Tbsp.
Ginger, minced	4 Tbsp.
Fish sauce	½ cup
Lime juice	6 Tbsp.
Water	6 Tbsp.

Method

1. Place the garlic, chiles, sugar and ginger in a mortar and pound into a paste. Transfer to a small mixing bowl and add the fish sauce, lime juice and water. Adjust seasoning for flavor. Let sit for 15 minutes before serving.

Turkey Quesabirria

Yield: 12-16 servings

Prep time: 30 minutes/ Cook time: 1 hour, 30 minutes

Ingredients	Amounts
<i>Colorado Paste</i>	
Chile guajillo	6 ea.
Chile pasilla	6 ea.
Chile de arbol	3 ea.
Onion	1 small
Garlic cloves	2 ea.
Turkey stock	1 cup
Salt	1 tsp.
<i>Birria</i>	
Vegetable oil	3 Tbsp.
Onion, diced	16 oz.
Garlic cloves, split	6 cloves
Butterball® Turkey Thigh Roast with liquid from bag, and turkey hand-separated	5 lb.
Turkey stock or water	6 cups
Oregano	2 tsp.
Cumin	2 tsp.
Cinnamon stick	1 ea.
Cloves, whole	3 ea.
Bay leaf	2 ea.
<i>Finishing & Garnishes</i>	
Vegetable oil for greasing griddle	as needed
Corn tortillas, small	48-64 ea.
Oaxaca cheese or mozzarella	20 oz.
Green cabbage, finely shredded	1 ea.
Avocado	as needed
Cilantro	as needed
Lime wedges	as needed
Hot sauce	as needed

Method

To make the Colorado Paste:

1. Bring a pot of water to a boil and submerge the chilies in the water, using a small plate to weigh them down. Let sit until completely soft (about 30 minutes) then drain.

2. Put the onion, chiles, garlic, stock, and salt in a blender, and blend until completely smooth. Set aside.

To make the Birria:

1. In a deep pot, heat the vegetable oil until very hot. Add the onion and split garlic cloves, and char until almost black.
2. Add the Butterball® Turkey Thigh Roast (separating the meat into large chunks) as well as all the liquid in the bag.
3. Add the Colorado paste, turkey stock, and spices. Cover with a lid and simmer for 1 hour.
4. Remove the meat, shredding with forks or by hand. Double strain the broth.

To make the Quesabirria:

1. Warm the corn tortillas on a griddle. Top with a handful of cheese. Place a warm tortilla on top and proceed like making quesadillas.
2. Top each griddled quesadilla with shredded turkey, shredded cabbage, avocado, radishes and cilantro.
3. Serve with hot sauce, lime wedges, and hot broth on the side for dipping.

Grilled Turkey Breast with Spring Kale Caesar

Yield: 8 Servings

Prep time: 20 minutes/ Cook time: 15 minutes

Ingredients	Amounts
Butterball® Mesquite Smoked Turkey Breast	8 x 5-6 oz., ½ inch slices
Chipotle Rub	
Ground cumin	1 Tbsp.
Chipotle powder	1 Tbsp.
Paprika	1 Tbsp.
Dried oregano	1 tsp.
Kosher salt	1 Tbsp.
Brown sugar	1 Tbsp.
Dressing	
Anchovy	2 filets
Garlic, mashed to a paste	2 cloves
Kosher salt	pinch
Dijon mustard	1 tsp.
Worcestershire Sauce	2 tsp.
Tabasco or other hot sauce	1 tsp.
Lemon juice	2-3 Tbsp.
Mayonnaise	1 cup
Water	1-2 Tbsp. for thinning out
Parmigiano Reggiano, grated	½ cup
Salt	to taste
Black pepper	to taste
Caesar	
Romaine lettuce, sliced	4 oz.
Kale, torn into bite size pieces	4 oz.
Fennel, sliced paper thin	4 oz.
Radish, sliced paper thin	3 oz.
Ice water	to cover
Crispy-fried chickpeas	as desired
Parmigiano Reggiano shavings	as desired

Method

1. Soak the romaine, kale, fennel and radishes in ice water for 20 minutes. Spin dry.
2. Make the dressing by mashing the garlic and anchovies to a paste with a pinch of salt.

3. Add the Dijon, Worcestershire, Tabasco, lemon juice and stir together. Whisk in the mayonnaise and add a little water if the dressing is too thick. Stir in the parmesan and adjust the flavor with salt and pepper adding a little more lemon juice if desired.
4. Slice the Butterball® Mesquite Smoked Turkey Breast into 2 - 3 oz slices per person- approximately ¼ inch thick. Sprinkle both sides lightly with the Chipotle Rub. Grill the turkey slices to achieve nice marks and color.
5. Toss the greens in desired amount of Caesar Dressing, adding the Parmesan shavings and crispy chickpeas.
6. Place a large amount of salad on top of the hot grilled turkey and serve immediately.

Turkey Breakfast Links & Bacon Dutch Baby with Caramelized Maple Apples

Yield: 8 Servings

Prep time: 15 minutes/ Cook time: 20 minutes

Ingredients	Amounts
<i>Dutch Baby</i>	
Eggs	6 ea.
Flour	¾ cup
Milk	¾ cup
Brown sugar or maple syrup	2 Tbsp.
Nutmeg	pinch
Salt	1 tsp.
Butter, for cooking the Dutch baby	6 Tbsp.
<i>Caramelized Maple Apples</i>	
Butter	3 Tbsp.
Apples, cut into ⅛-inch thickness	3 ea.
Brown sugar	2 Tbsp.
Maple syrup	¾ cup
Salt	to taste
Butterball® Fully Cooked Turkey Breakfast Sausage Links	16 ea.
Butterball® Turkey Bacon	16 slices
Confectioners' sugar	optional for garnish

Method

1. Place all ingredients for the Dutch baby in a blender. Blend on high speed until the mixture is smooth (this can be refrigerated for up to 1 day).
2. Make the caramelized apples by melting the butter in a large saucepan over medium-high heat until the butter foams. Add the sugar and the apples, cooking until they are a light golden brown. Add the maple syrup and pinch of salt. Bring to a full rolling boil. Turn off the heat and set aside.
3. Brown the Butterball® Fully Cooked Turkey Breakfast Sausage Links and Butterball® Turkey Bacon.
4. When ready to cook the Dutch baby, place the cast iron in the cold oven and heat the oven to 425°F.
5. When the oven is ready, remove the hot cast-iron and swirl the butter around the bottom and up the sides. Immediately pour the batter into the pan in one movement.
6. Place the skillet carefully back in the oven and bake for 12-14 minutes.
7. Lightly dust the finished dish with confectioners' sugar, as desired. Serve with sausages, bacon and apples, drizzling with the maple-apple syrup.

Note: Make the Dutch baby in a 12-inch or 8 individual size cast iron skillets.

BARBAGIUN STUFFED WITH TURKEY BULGOGI

Yield: 20 pastries, 5 servings of 4 pastries for shared appetizer plate

Prep time: 2 hours, 30 minutes/ Cook time: 15 minutes

Ingredients	Amounts	
<i>Barbagiuuan Dough</i>		
All-purpose flour	200 grams	7 oz
Extra virgin olive oil	35 grams	1 ½ oz
Salt	7.5 grams	1/4 oz
Eggs	1 ea.	1 ea
Cold water	100 grams	2.5-3.5 oz
<i>Turkey Bulgogi Filling</i>		
Butterball® Ready-to-cook Turkey Breast, skin removed	½ lobe	
Soy sauce	475 grams	16 oz
Sugar	350 grams	12.5 oz
Rice wine vinegar	100 grams	3.5 oz
Jalapeños, sliced very thinly	50 grams	1.75 oz
Ginger, unpeeled, sliced very thinly	20 grams	.65 oz
Garlic, minced	50 grams	1.75 oz
Black pepper, freshly ground	4 grams	.125oz
Scallions, sliced very thinly	75 grams	2.625 oz
Vegemite	7.5 grams	1/4 oz
Black garlic, chopped	8 grams	1/4 oz
Egg mixed with 1 Tbsp water	1 ea	1 ea
Peanut oil	as needed	
<i>To serve</i>		
Cilantro	as needed	
Soy dipping sauce	as needed	

Method

Barbagiuuan Dough

1. Combine all ingredients in a medium sized bowl until a uniform dough is made, wrap in plastic, and refrigerate until cold, at least 2 hours.

For the Turkey Bulgogi Filling

2. Combine all ingredients for the marinade in a large bowl and whisk to combine.
3. Slice the Butterball® Ready-to-cook Turkey Breast into 1-inch cutlets and place in the marinade, cover and refrigerate overnight.
4. The next day remove the turkey from marinade.

5. Sear the turkey cutlets in a sauté pan with some oil over high heat until just browned, but not cooked all the way through.
6. Remove turkey cutlets from the pan, allow to rest and let cool.
7. Cut the cooled turkey slices into a small dice. Reserve the diced turkey to fill into the barbagiuian dough.
8. *To assemble the barbagiuian:* Cut the dough into 3-oz pieces, and roll each piece into a ball. Roll out each ball of dough on a lightly floured surface to about 1/16-inch thickness. Each piece of dough should look like a crepe.
9. Place about 2 tablespoons of turkey bulgogi in the center of each dough circle. Brush egg wash on the edges of each round.
10. Fold over the dough and seal the edges, taking care to remove any air bubbles.
11. Using a 3-inch fluted ring cutter, cut the excess dough from the edges and make sure all of the barbaguians are properly sealed. Cover and set aside.
12. Heat the peanut oil in a fryer or deep pot until it reaches 350 degrees F. Fry the barbaguians until they are golden brown, 5 minutes total, making sure to flip them over to fry on each side.
13. Serve four of the barbagiuian to a plate with a garnish of cilantro, and a soy dipping sauce.

Source: Recipe courtesy of Chef Darryl Bell

CHEF DARRYL'S BBQ TURKEY BREAST

Yield: 8 servings

Prep time: 12 hours, 10 minutes/ Cook time: 2 hours, 45 minutes

Ingredients	Amounts
<i>For the Brine</i>	
Cold water	1 Gallon
Kosher salt	2 ½ Cups
Brown sugar	1 Cup
Pale ale	1 Bottle
Oranges, cut in half, squeezed	1 Each
Ginger root, fresh, peeled, and sliced	¼ Cup
Garlic cloves, fresh, crushed	4 Each
Red pepper flakes	1 Tsp.
Black peppercorn, fresh cracked	1 Tbsp.
Bay leaf, fresh	3 Each
Butterball® Ready-to-cook Turkey Breast, skin on	1 Each
Kentucky-style BBQ sauce	1 Cup

Method

1. In a large, non-reactive pot, combine the water, salt, brown sugar, pale ale, the ginger root, chopped garlic, red pepper flakes, cracked black peppercorns, and the bay leaves. Cut and squeeze the orange into the pot, adding the cut, squeezed orange halves to the pot.
2. Bring the brine liquid in the pot to a boil, remove the pot from the heat, cool to room temperature, and then transfer the brine to large non-reactive container.
3. Submerge the Butterball® Ready-to-cook Turkey in the brine making sure it is completely covered by the liquid. Cover the container and refrigerate the brine and turkey breast overnight (up to 12 hours).
4. Remove the turkey breast from the brine, pat dry, and reserve.
5. Place the brined turkey breast into a plastic vacuum bag and vacuum pack.
6. Using a sous vide circulator and thermometer, sous vide the vacuum-packed turkey breast at 147 degrees Fahrenheit / 64 Celsius for 1.5 hours. Remove the breast, ice, and reserve under refrigeration.
7. Prepare a smoker or for finishing the turkey.
8. Unwrap the turkey pack and place the turkey breast directly onto a 225 degrees Fahrenheit / 107 Celsius BBQ smoker (or grill with cover), cover, and cook until done, basting the turkey breast occasionally with the KC BBQ sauce.
9. When cooked through, remove the BBQ turkey breast, rest, slice and serve.

Note: You will need vacuum-pack bags, a vacuum sealer, a sous vide circulator, and thermometer for this recipe.

Source: Recipe courtesy of Chef Darryl Bell, Press Restaurant