



Usually I give the reason behind the creation of our recipes here. Perhaps it might be easier just to admit the Meds aren't working on this occasion?!!! Joking aside there was a Turkey Thigh / Drummer pack at the local supermarket. I grab these when they are available as we usually get 3 meals each out of the pack and we much prefer the brown meat to the breast. We also had some Sweet & Sour sauce in the fridge which Sue made a couple of evenings ago. So armed with that unlikely combination Sue went to work??

This was actually a 'Chinesed' Roasted Turkey Thigh, with a Cabbage/Swede/Carrot/Onion/Garlic/Oyster Sauce/Bacon Stir Fry, Carrot Batons and 5 Spice Roast Potatoes in a Giant Yorkshire Pudding with Sweet and Sour Sauce / Gravy!

Gluten free Giant Yorkshire Pudding Ingredients:-

100g Cornflour
150ml Milk
3 eggs
Salt & fresh ground Black Pepper

Method:-

- (1) Heat your oiled Yorkshire Pudding tray in the oven at 220c until the oil is smoking.
- (2) Whisk all the ingredients vigorously.
- (3) Pour into the tray and return to the oven very quickly.
- (4) Cook at 220c for 10 minutes then reduce the temperature to 180c.
- (5) Cook for a further 25 minutes.

(6) Remove and allow to cool. Your Yorkshire Puddings will stand reheating if required.

Sweet & Sour Sauce Ingredients:-

1 Onion, finely chopped
1 Red Pepper, chopped
2 Cloves of Garlic, minced
1 Thumb size piece of fresh or fermented Ginger, minced
Tomato Ketchup
Cider Vinegar
Pineapple Juice
4 Spring Onions, sliced
Chilli Flakes
Cayenne Pepper
Soy Sauce
Salt & Pepper
Oil

Method:-

- (1) In a large pan or Wok fry the Onions and then add the Garlic & Ginger with the dry seasonings.
- (2) Add The Red Pepper.
- (3) Add the Soy Sauce, Tomato Ketchup and Vinegar.
- (4) Simmer and add the Pineapple juice.
- (5) Simmer for 10 to 15 minutes to reduce.
- (6) Add the Spring Onions are stir in.

Set the sauce aside to cool.

?Chinesed? Roasted Turkey Thigh Ingredients:-

Sweet & Sour Sauce (See above)

Mono-Sodium Glutamate

A Turkey thigh with the bone in

Method:-

- (1) Lift the skin from the thigh and rub 1/8 of a Teaspoon of Mono-Sodium Glutamate over the meat.
- (2) Replace the skin and pour the Sweet & Sour Sauce over the entire thigh.
- (3) Preheat the oven to 180c.
- (4) In an oven proof tray foil the thigh.
- (5) Roast in the preheated oven for half an hour.
- (6) Baste regularly by spooning the sauce back over the thigh.
- (7) Remove the foil and return to the oven for a further 10 minutes.

5 Spice Roast Potatoes ingredients:-

Potatoes peeled and halved

Salt and Pepper

Chinese 5 Spice

Oil to roast

Method:-

- (1) Parboil the Potatoes.
- (2) Drain and shake vigorously to roughen to outsides.
- (3) Mix the Salt, Pepper and 5 Spice in the Oil and drizzle over the Potatoes.
- (4) Place in the oven at the same time as the Turkey thigh

Stir Fry ingredients:-

Cabbage

Swede

Carrot

Onion

Garlic
Oyster Sauce
Bacon Lardons
Oil to fry

Method:-

- (1) Finely slice all the vegetable ingredients.
- (2) Fry the Bacon Lardons in a large frying pan or Wok.
- (3) Add the vegetables and Oyster Sauce and flash fry stirring constantly.

Carrot Batons ingredients:-

Carrots peeled and cut into fine Batons
Garlic Butter / Margarine

Method:-

- (1) Boil the Carrots until softened.
- (2) Drain.
- (3) Stir in the Garlic Butter.

Sweet and Sour Sauce/Gravy ingredients:-

Cornflour and water
A Red Wine Stock Pot and a Beef Stock Pot
Cooking juices from your Turkey thigh
Oyster Sauce

Method:-

- (1) Mix everything in a pan.
- (2) Bring to the boil.

(3) Reduce the heat and allow to simmer into it thickens to a gravy constancy.

I?m pretty sure that nobody will ever attempt to replicate this recipe. If you do we?ll probably all meet up in a Mental Health Care Unit in the near future!