
Turkey Picatta

Sendik's Fine Foods

Internet Address: Access our online cookbook at www.sendiksfinefoods.com

Servings: 4

Preparation Time: 10 minutes

Start to Finish Time: 20 minutes

2 pounds turkey tenderloin
salt and pepper, to taste
1/4 cup flour
3 eggs
1/2 cup water
2 tablespoons olive oil
2 tablespoons butter
1 tablespoon shallots, minced
1 clove garlic, minced
1 pound mushrooms, sliced
3 roma tomatoes, chopped
1/2 lemon, juice from
1 splash Sauvignon Blanc

Prepare the tenderloins by cutting them into 2 ounce pieces and pounding them with a meat hammer until flattened. Season the medallions with salt and pepper and dredge them in flour.

Crack the eggs and beat them in a bowl until well mixed but not frothy. Add the water to the eggs and mixture.

Add first one tablespoon of olive oil and then one tablespoon of butter to a sauté pan on medium-high heat. Carefully dip each medallion in the egg wash. Shake to remove excess egg. Place in the sauté pan and brown for one to two minutes and then turn. Remove when second side is browned and place on a warming plate. Repeat until all the medallions are browned.

In a second skillet on medium heat, add the other tablespoon of olive oil and the second tablespoon of butter. Add the shallots and garlic. Sauté for one minute and do not brown the garlic. Turn up the heat to high and add the mushrooms. Sauté for one minute. Add the tomatoes and stir for thirty seconds. Slash the pan with lemon and Sauvignon Blanc.

To serve place an equal portion of medallions on each plate and top with an equal amount of topping (mushroom & tomato mixture).

Poultry Entrees