

Balsamic Glazed Turkey with Peppers



Equipment

- Measuring spoons and cups
- Mixing Bowl
- Chef's Knife/Cutting Board
- ½ size- 2" deep production pans
- Bulk Retherm Cart (or regular oven) or Tray Service Retherm Cart

Recipe Rating			
Total Time	65 Minutes		
Cooking Time	55 minutes		
Total Labour	10 Minutes		
Knife Skills	Basic		

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Nutrition Facts Valeur nutritive Per 1 serv (198g) / par 1 serv (198g) Amount % Daily Value % valeur quotidienne Teneur Calories / Calories 180 Fat / Lipides 3.5g 5% Saturated / satures 1g + Trans / trans 0g 4% Cholesterol / Cholesterol Sodium / Sodium 160mg 7% Carbohydrate / Glucides 10g 3% Fibre / Fibres 3g 13% Sugars / Sucres 6g Protein / Proteines 26g Vitamin A / Vitamine A 0% Vitamin C / Vitamine C 130% Calcium / Calcium Iron / Fer 15%



	25 Portions		50 Portions	
	Metric	Standard	Metric	Standard
Turkey strips, cooked	750 grams	26.7 oz.	1.5 kg	52.9 oz.
Oil, Olive	45 mL	1.6 oz.	90 mL	3.2 oz.
Peppers, mixture, julienned	500 grams	17.6 oz.	1 kg	35.7 oz.
Onion, finely diced	250 grams	8.8 oz.	500 grams	17.9 oz.
Thyme	8 grams	0.3 oz.	16 grams	0.6 oz.
Vinegar, Balsamic	75 mL	2.6 oz.	150 mL	5.3 oz.
Salt	5 grams	0.2 oz.	10 grams	0.4 oz.
Pepper, Black	3 grams	0.1 oz.	6 grams	0.2 oz.

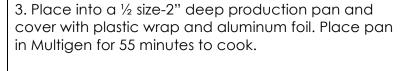
Method



1. Cut both the onion and peppers and place with turkey strips in a bowl



2. Place all of the herbs, oil, and vinegar together and mix with vegetables and meat





4. **Bulk:** remove from Multigen and serve with a starch side dish.

Cold Plating: Place on a plate from step #2 and cover and place in retherm prior to service to heat (For best results add some of the vinegar sauce to the casserole heating dish)

Garnish: n/a

Food Accompany: Rice

