



Chef Thia's Tasso de Dinde (Fried Turkey)

In Haiti, turkey is eaten as commonly as chicken. Chef Thia created this recipe on an episode of the Taste the Islands TV show, where she showcased the food of her native island. This fried turkey recipe sees turkey breast well seasoned, fried, and then sauteed in tomato paste (a common ingredient in Haitian cooking) for a rich, robust flavor. Try it with Djon Djon Rice for a delicious dinner.

INGREDIENTS

- 2 lbs. lean Turkey Breast, diced into 1 1/2" pieces
- 2 tsp. Mustard
- 1 tsp. Red Pepper Flakes
- 1 tsp. Salt
- 1 tsp. Black Pepper
- 2 tsp. Lakay Foods Tomato Paste
- 3 tbsp. Scallions, chopped
- 4 tbsp. Canola Oil
- 1/3 cup Red Bell Peppers, diced
- 1/3 cup Green Bell Peppers, diced
- 1 1/2 cups White Onions, thinly sliced
- 1/2 cup White Wine
- 1/2 cup Chicken Stock

INSTRUCTIONS

- Place turkey into a large mixing bowl and season with mustard, pepper flakes, salt and black pepper. Toss to combine and place in refrigerator to marinate for 30 to 40 minutes, or overnight for maximum flavor.
- Over high heat, heat canola oil and sear turkey breast for 3-5 minutes on each side until browned. Remove turkey and drain excess oil from pan.
- Reduce heat to medium and add tomato paste. Stir in 1/4 cup of white wine and bring sauce to a light simmer. When sauce is simmering, add green and red bell peppers. Allow to cook for about 2 minutes and then add scallions to the pan.
- Increase heat to medium-high and add turkey along with any juices released. Add the onion, remaining white wine and 1/2 cup of stock or water, and stir.
- Allow to simmer for about 10 minutes, until there is no pink coloration inside the turkey breasts and they are soft and juicy.