

Sweet & Sour Turkey

Serves 20 / Cooking time 15 minutes



Ingredients

3kg Bernard Matthews Diced Turkey Thigh
180ml/12 tbsp Oil
6 large Onions, sliced
720g Carrots, thinly sliced julienne size
1.8 ltr Chicken Stock
1.8 ltr Water + Pineapple Juice
150g Brown Sugar
90ml/6 tbsp Soy Sauce
90ml/6 tbsp Vinegar
90ml/6 tbsp Tomato Puree
3 tsp Dry Mustard
1.2kg Pineapple Chunks
12 tsp Cornflour
Seasoning

Method

1. Heat the oil in a pan and cook the diced turkey thigh.
2. Then add the onions and carrots and cook until soft but not brown. Add the stock and pineapple juice.
3. Add the sugar, soy sauce, vinegar, tomato puree, mustard and seasoning. Simmer for about 20 minutes.
4. Add the pineapple juices and turkey. Thicken with blended cornflour and serve with rice.



For more information or help with menu planning, please contact the Bernard Matthews Foodservice team on:

Tel: 0845 519 4097

e-mail: foodservice@bernardmatthews.com

www.bernardmatthewsfoodservice.co.uk

Time to swap to turkey... change your meat not your menu!