

TURKEY-PUMPKIN ROULADE WITH CIDER SAUCE AND CARROT-MILLET PILAF

(from the Bewitching Kitchen)

2 boneless, skinless turkey breasts
Salt Freshly ground black pepper
1 cup canned pumpkin purée
¼ cup chopped toasted pecans
2 tablespoons crumbled sage,
1/2 tsp smoked paprika
1 cup + 1/2 chicken broth, divided
¼ cup apple cider
3 tablespoons olive oil, divided
2 tablespoons flour

Heat the water bath to 148F. Pound both breasts to about ¼ inch thick. Season well with salt and pepper. Make the filling by mixing the pumpkin, pecans, sage and smoked paprika in a small bowl.

Spread half the filling on each breast, then roll up each breast jelly-roll style, starting at the narrow end. Keep the roll tight with kitchen's twine. Place each breast in a heat-safe bag, and pour 1/4 cup chicken broth + 1/8 cup apple cider in each bag. Close by water displacement. Cook in the water bath for 3 hours.

Remove the roulades from the bag, reserving the cooking liquid or one of the bags (discard the liquid from the other bag). Place the roulades on a paper towel-lined plate and pat dry. Add 2 tablespoons of olive oil to a non-stick skillet and brown the roulades quickly on all sides. Cut the kitchen twine and place them on a platter covered with foil as you reduce the sauce.

Add one more tablespoon of flour to the skillet, and cook the flour on it for a couple of minutes, stirring constantly. Pour 1 cup of chicken stock and the reserved cooking liquid from one of the bags. Simmer gently until reduced, about 5 minutes. Season with more salt and a little pepper, cut the turkey in slices and serve with the sauce.

CARROT-MILLET PILAF

1 cup millet, rinsed and drained
2 tablespoons olive oil, divided
salt and pepper
3 carrots, peeled, cut in small pieces
1/4 cup slivered almonds
smoked paprika to taste

Start by roasting the carrots. Heat oven to 420F. Drizzle the carrots with 1 tablespoon olive oil, season with salt, pepper and smoked paprika. Place on a small baking sheet in a single layer and roast for 20 minutes, then add the almonds and roast for 5 minutes longer, mixing them well with the carrots. Reserve.

Cook the millet. Heat the remaining tablespoon of olive oil in a saucepan. Add the millet and cook on high-heat, toasting well, for a couple of minutes. Add 2 cups of water, reduce heat and simmer for 15 to 20 minutes, until water is absorbed and grains are cooked. Immediately fluff it with a fork, add the carrots and serve.