

"Turkey" a l'Orange

Several cultures might lay claim to orange sauce. Tonight you'll combine flavor profiles from Asia and France to make Turkey a l'Orange. It sounds fancy, but it's just a snazzy way of using up leftovers.

Partner plant-based Chick'n Strips or leftover dark meat from your Thanksgiving turkey with snow peas, sweet peppers and browned mushrooms. These ingredients are smothered with a yummy orange sauce featuring spicy Asian condiments and French influenced rosemary. It's served over wholesome brown rice and topped with chopped tomatoes.

Preparation time: 45 minutes - Serves: 2

Organize Your Ingredients!

Notes on Organizing

Prep and organize ingredients on small plates or in bowls, so they are easy to add. You'll perform two different onion preps: 1/3 C. chopped onion for the Orange Sauce and 3/4 C. sliced onion for the vegetables.

Rice

1 C. uncooked brown rice
plus
2-1/4 C. water

Plant-based Chick'n or Optional Turkey

Plant-based Chick'n:

1 tsp. canola oil
20 pieces Chick'n strips (or equivalent product)
1/4 C. white wine
- or -

Leftover Thanksgiving Turkey:

1-1/2 C. dark meat from turkey (chopped)

Orange Sauce

1 tsp. grated orange rind
juice from 2 oranges or (2/3 C. orange juice)
2 cloves garlic (smashed and chopped)
1/3 C. yellow onion (finely-chopped)
1/2 tsp. fresh grated ginger
2 tsp. low-sodium soy sauce
1 tsp. sesame oil
2 T. rice wine vinegar
1/4 C. - low-sodium vegetable broth
1/2 tsp. dried rosemary leaves (crushed fine
or placed in a gauze tea bag)
1/2 tsp. Asian red pepper sauce

2 tsp. granular sugar
2 T. cornstarch
dissolved in
1/2 C. water

Vegetables

1 tsp. sesame oil
combined with
1 tsp. canola oil
2 C. cremini mushrooms (sliced)

3/4 C. thin-sliced yellow onion (quartered)
2/3 C. red bell pepper (sliced in thin strips)

one 6-8 oz package fresh or frozen snow peas
(washed, strung and cut in half)
1/3 C. low-sodium vegetable broth
1 tsp. low-sodium soy sauce

Garnish:

1 Roma tomato (chopped)

First, put rice
on to cook!

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Bring rice and water to a boil, reduce heat to medium-low, cover and set a timer for 25 minutes. Then simply follow the instructions below.

Plant-based Chick'n or Optional Turkey

Plant-based Chick'n:

Brown 20 Chick'n strips in canola oil. When browned, add white wine and toss until wine disappears. Remove from pan. When cool enough to handle, slice in half lengthwise.

- or -

Leftover Turkey Dark Meat :

Select dark meat from leftover Thanksgiving turkey. Chop 1-1/2 C. of meat. Set aside.

Orange Sauce

1. Stir all ingredients (except cornstarch mixture) together in medium saucepan. Bring to a boil and cook 5-minutes.
2. Thicken with cornstarch mixture and cook an additional 5-minutes over low heat.
3. Turn off heat and leave on warm burner until ready to serve. Stir occasionally.

Cook Vegetables and Plate Meal

1. Using same pan used to brown Chick'n strips, brown mushrooms in sesame/canola oil mixture. Remove from pan and set aside.
2. Toss onions and peppers in same hot pan until onions begin to brown along edges.
3. Add snow peas to the pan and toss 1 minute.
4. Add broth and soy sauce and toss until liquid cooks away.
5. Return mushrooms to pan.
6. Bring orange sauce to a boil and pour over vegetables. Add Chick'n Strips or turkey and toss all ingredients until well coated.

Use a soup ladle to make a mound of rice (2/3 C. per serving) in center of each plate. Ladle 1-1/2 – 2 C. vegetable/meat sauce over and around rice. Garnish with chopped fresh tomato and serve.

What I've Learned from this Recipe

I often cook vegetables separately. I'll brown mushrooms and remove them from the pan, and sear or steam other veggies by themselves. This preserves the flavor and crunch of the individual veggies. Veggies are a lot more fun to eat when cooked this way.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com