

Betty's Crock Pot Roast Turkey Breast and Turkey Gravy Recipe



Uploaded on 15 Mar 2009

In this video, Betty demonstrates how to make her Crock Roast Turkey Breast, and also how to make smooth, delicious, low-fat roast turkey gravy to go with it. Very tender turkey and super flavorful gravy!

Ingredients:

3 lb. frozen turkey breast, thawed
meat tenderizer (to taste)
1/3 cup cornstarch
2 cups water

Thaw the turkey breast, if frozen. Use meat tenderizer to salt and tenderize the turkey to taste. Place the turkey breast in a crock pot and cook on low all day for a dinner meal (roughly 6 to 8 hours; larger turkey breasts may take 8 to 10 hours). When ready to serve, remove the cooked roast turkey breast to a tray or cutting board. Slice into desired serving pieces and place on a serving platter. Now, make your roast turkey gravy. From the juices that are left in the crock pot, spoon off as much fat and turkey slivers as you can, and then pour the juices into a saucepan. Mix together 1/3 cup cornstarch and 1 cup water, and add to the saucepan of juices. Stir thoroughly before putting the saucepan over heat. Now, move the saucepan to a burner on your cooktop. Turn the heat on to low, and cook the gravy, stirring constantly. If the gravy is too thick, add a little water at a time until it is smooth and of perfect consistency. In making this recipe, I added 1 extra cup of water to thin the gravy to a perfect consistency. Serve while hot!

Menu suggestion: Place sliced roast turkey breast on serving plate, along with Betty's Cornbread-Sage Dressing . Ladle your toast turkey gravy over the turkey slices. Serve with Betty's Blakemore Peas, cranberry sauce, a yeast roll, and a glass of iced tea or lemonade. A great dessert to go with this dinner is Betty's Angelic Frozen Coconut-Caramel Pie! Enjoy!!!