

Betty's Lunchtime Turkey Croissant Sandwiches



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In this video, Betty demonstrates how to make Lunchtime Turkey Croissant Sandwich. This is similar to a sandwich I ordered when we recently ate lunch at The Julep Cup Restaurant in Lexington, Kentucky.

Ingredients: (for 4 croissant sandwiches, with instructions to make 4 or 8 sandwiches)

3 pound frozen Butterball turkey breast roast (or similar), thawed
salt, to taste
17.3-ounce package Pepperidge Farm frozen pastry sheets (or similar), thawed
2 tablespoons cornstarch
½ cup water
at least ¼ cup additional water
¼ cup crumbled blue cheese (optional)
1 egg, beaten
1 tablespoon water
¼ cup parsley, finely snipped

Salt 3-pound turkey breast and cook it in a slow cooker, placing fat side up, for about 3 ½ hours, until it has reached an internal temperature of 170 degrees at the thickest part. (You may alternatively roast the turkey breast in the oven, according to package instructions.) Place the cooked turkey on a cutting board and tent it with aluminum foil for about 10 minutes—or up to an hour. Remove any netting that has been packaged with the turkey and use a chef's knife to cut the cooked turkey into small cubes. You will have about 4 cups altogether. 2 cups of cubed turkey will make 4 croissant sandwiches; if you want 8 sandwiches, plan to use all 4 cups of cubed turkey, and double the ingredient amounts from here on. Make gravy from the pan juices left from cooking the turkey breast. Spoon off excess fat, and place pan juices in a medium-sized pot. Set aside, while starting gravy. Mix 2 tablespoons cornstarch with ½ cup water and add to pot containing pan juices. Place over low heat and stir until gravy is brown and bubbly. It will be thick, so you will need to add about ¼ cup water and continue to stir over low heat. When gravy is at the thickness that will allow cooked turkey cubes to hold together, add 2 cups cooked turkey cubes to gravy and stir. Stir in ¼ cup crumbled blue cheese, if desired. Set aside. Now make 4 packets for your turkey mixture. Each package of thawed puff pastry sheets has 2 inner containers. Remove puff pastry sheets from containers. Unfold each puff pastry sheet and use scissors to cut each sheet into 4 equal squares. Place ¼ of turkey mixture in the center of each of the 4 pastry squares. Do not extend the mixture out to the edge. Cover each turkey-topped pastry square with a plain pastry square, resulting in 4 turkey-filled squares. Use a fork to crimp the edges on all 4 sides of the turkey-filled pastry squares. Place 4 turkey-filled pastry squares on parchment paper-lined baking pan. Brush with an egg wash, made from mixing 1 beaten egg with 1 tablespoon water. Bake at 350 degrees (F) for about 10 minutes, or until pastry squares are beginning to brown and are crisp. Remove from oven and sprinkle with finely snipped parsley. Serve immediately. Enjoy! --Betty :)