

# Brined Moroccan Turkey and Vegetable Medley Skewers With Foraged Wild Mint Honey-Lavender-Cilantro Yogurt Dipping Sauce

Serve with Lemon Olive Oil-Green Onion Couscous

The vibrant flavors and tender brined turkey create a perfect harmony

SERVES: 4-6

PREP TIME: 20 minutes

COOKING TIME: 15 minutes

TOTAL TIME: 30 minutes + Brine Time 8-15 hours

## INGREDIENTS

- 1 package 6 oz. GC Napa Valley Natural Wet Brine Mix: Sweet and Salty
- ½ cup 2014 Pietro Family Cellars Sauvignon Blanc, Napa Valley
- ¾ cups water
- 1 turkey breast, 2½ lbs., deboned
- ½ tsp. fresh ginger, peeled and finely minced
- 3 Tbsp. GC Napa Valley Natural Poultry Rub Proprietary Blend
- 3 Tbsp. GC Napa Valley Natural Savory Proprietary Blend Extra Virgin Olive Oil + 3 Tbsp.
- 1 lb. white small to medium button mushrooms, cleaned, trimmed, halve if too large
- 2 orange bell peppers, cut into 1" x 1" pieces
- 2 zucchini, cut into ½" rounds, then halve



- 1 tsp. GC Napa Valley Natural Tuscan Rosemary Finishing Sea Salt
- ½ tsp. GC Napa Valley Natural Culinary Lavender Tellicherry Pepper
- 24 wooden skewers (pre-soak 30 minutes) or metal skewers
- Foraged Wild Mint Honey-Lavender-Cilantro Yogurt Dipping Sauce: See Recipe
- Lemon Olive Oil-Green Onion Couscous: See recipe

## TO PREPARE

- Add brine mix to medium pot with Sauvignon Blanc and water. Bring to boil, reduce heat to a simmer, stir until dissolved. Remove from heat, cool to room temperature. Rinse turkey breast. Trim any fat, skin, or stray pieces of cartilage or bone. Place turkey in a deep bowl or pot. Pour brine over breast, cover bowl and refrigerate for 8 to 15 hours for maximum moisture and flavor.
- Remove turkey breast from brine, rinse well, pat dry with paper towels.
- Using a spoon, scrape skin off ginger and finely mince. In a small bowl mix ginger and Poultry Rub.
- Cut turkey breast into 1" x 5" strips, about ½"-¾" thick. Put in a bowl, coat well with Savory Extra Virgin Olive Oil. Lay strips on a baking sheet with parchment paper. Generously sprinkle with poultry-ginger seasoning. Refrigerate for 1 hour or longer.
- Put vegetables in a bowl, toss with Savory Extra Virgin Olive Oil, Rosemary Finishing Sea Salt and Lavender Tellicherry Pepper.
- Preheat grill to medium to medium-high heat. Thread 1 turkey strip onto skewer with 1 each - mushroom, orange bell pepper, and pearl onion. Grill skewers for 6-8 minutes, being careful not to overcook.

## TO SERVE

Place Turkey and Vegetable Skewers on a platter with a side of Lemon Olive Oil-Green Onion Couscous and Foraged Wild Mint Honey-Lavender-Cilantro Yogurt Dipping Sauce.

## WINE PAIRING

2016 Pietro Family Cellars Chardonnay, Oak Knoll District of Napa Valley

## SHOPPING LIST

- 1 turkey breast, 2½ lbs., deboned
- 2" piece fresh ginger
- 24 wooden or metal skewers
- 1 lb. white small to medium button mushrooms
- 2 orange bell peppers
- 2 zucchini

## FROM PREVIOUS SHIPMENTS

GC Napa Valley Natural Poultry Rub Proprietary Blend



## MORE RECIPES & WINE COUNTRY FOODIE CLUB INFORMATION

As a Wine Country Foodie member, you enjoy our Napa Valley Estate Garden and Vineyard to your doorstep. Experience artisanal gourmet GC Napa Valley products and recipes with wine pairings.

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