

Braised Turkey Breast

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INGREDIENTS

- 4 to 6 pound bone-in turkey breast, thawed
- Salt and pepper, to taste
- 1 tablespoon olive oil
- 1 medium onion, cut into chunks
- 2 large ribs celery, cut into chunks
- 2 carrots, cut into chunks
- 2 large garlic cloves, smashed
- 1 large lemon, sliced
- 1 sprig thyme (or 1/4 teaspoon dried)
- 1 sprig rosemary (or 1/2 teaspoon dried)
- 4 cups chicken stock or broth (or plain water)
- 1 tablespoon cornstarch
- 1 tablespoon water

INSTRUCTIONS

1. Preheat oven to 375 degrees F.
2. Press down to crack or remove breast and rib bones on turkey breast, if necessary to fit pot.
3. Heat oil, season turkey on all sides with salt and pepper, brown in oil; remove and set aside.
4. Add a splash of the stock or water to the pot, scraping up the browned bits from the bottom of the pot, then add remaining stock, vegetables and herbs.
5. Put breast on top of vegetables or on a rack over the vegetables if there is room.
6. Cook until internal temperature reaches 165 degree F in the thickest part of the breast, about 1 hour, depending on size of breast.
7. Carefully remove the turkey breast and set aside, tenting loosely with foil to keep warm.
8. Strain pan juices, spooning off fat or use a fat separator, remove and discard solids, and return juices to the pot.
9. Bring to a boil, blend together cornstarch and water and slowly stir in cornstarch slurry. Boil for 2 minutes or until thickened. Taste and add salt and pepper as needed.

NOTES

I used my [Ninja Cooking System cooker](#) {affil link}, set to oven at 375 degrees F. The new [Ninja Foodi Possible cooker](#) or any multicooker would also be a great choice.

For the Slow Cooker: Prepare as above, except reduce chicken stock to 1-1/2 cups. Cover and cook on low for 4 to 6 hours, depending on size of breast, or until an internal temperature of 165 degrees F is reached. Let rest for 10 minutes before slicing. If you wish to brown the turkey breast, carefully remove and transfer to a rimmed, aluminum foil covered baking sheet. Preheat broiler and place turkey under the broiler until golden brown, watching carefully.

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