



Young Turkey

Cooking time: 4 hours

Ingredients :

- 4.5kg Young Turkey
- 1 Onion
- 1 Bunch Parsley
- 4 Garlic Cloves
- 2 Diced Carrots
- 2 Diced Celery Stalks
- 1 Lemon
- 5ml Provence Herbs
- 5ml Cumin
- 5ml Paprika
- 1 Pinch Of Red Pepper
- Salt And Pepper

Preparation :

Rinse carefully the turkey in cold water. Chop the onion roughly, parsley, garlic, carrot, celery, lemon, salt, pepper and put them into the turkey. Put Provence herbs, cumin, paprika, cayenne pepper, salt, pepper in a bowl and mix them. Coat the turkey and place in 12L *CromoTanium* pot and close the lid. Put the *CromoTanium* pot on medium heat, and when the temperature reaches 40°C, lower the heat to medium/low and keep cooking till the temperature reaches 85°C. Shut off the heat and let cool.