



A Season of Happiness

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Roast Turkey Carvery

the cook's-day-off meal for alfresco parties

This one will impress your guests and you won't have to spend half your life in the kitchen while everyone else is pigging out! You can substitute any roast meat for the turkey, or provide a choice if you want to be an outstanding host. The meats can be cooked the day before, refrigerated, then warmed prior to serving. The potato salad and side-salad can be prepared likewise. All you'll have to do on the day is make the gravy and serve up.

1 Turkey breast roll or joint of roasting meat
1 bread roll per person
1 tbsp Cranberry sauce each
Potato salad
Side salad (and coleslaw if desired)
Gravy - 1/4 cup per person



Cook the meat the day before, allow to cool before carving thinly. Wrap in foil and put in the fridge overnight. On the day, place the foil-wrapped meat on a tray and warm in the oven. Cut the rolls, but don't separate and a few minutes before serving, place in the oven to crisp. When ready, open the rolls on plates and top with overlapping layers of desired meat. Serve with a small pot of gravy, a pile of potato salad, a spoonful of Cranberry sauce and a bowl of side-salad.

Potato Salad (per 4 serves)

4 medium potatoes, cut in 1 cm cubes	1/4 small chopped onion
1 gherkin chopped finely	1/4 tsp chopped oregano
1/4 finely chopped green capsicum	1/4 tsp chopped fresh basil
1/4 finely chopped chilli, seeded and pith removed	2 Dstsp low-fat mayonnaise

Boil the potato cubes for no more than 8 minutes, or until they are just cooked. Flush a few times with cold water to cool. Drain and add rest of ingredients, turning gently until thoroughly mixed. Store covered in the fridge until needed. Will last 3-4 days at 5° C or less. N.B. DON'T FREEZE!

Gravy per 4 serves

2 level Tbsps low joule gravy powder + 500 ml water	1 tsp chopped rosemary
1 chicken stock cube	4 dip containers

Crumble stock cube into pan, add gravy powder and rosemary, mix with water and cook on a medium heat, stirring continuously until boiling and thickened. Keep warm until time to serve, stirring occasionally.

Try experimenting with your side-salads by adding shelled walnuts or pecans, sliced avocado, sliced mushrooms, diced rock melon or honeydew melon. Snow peas, orange slices and fresh shoots such as bean or cress can be a refreshing change.

Serves as many as you have food for.

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