

## Roast Turkey Breasts with Raspberry Cabernet Sauce

Serves 6

### Ingredients

2 Breasts of turkey  
Salt and pepper to taste

*For the sauce*

2 small Shallots minced  
1 tsp Olive oil  
1 cup Cabernet/merlot blend red wine  
1 cup Chicken stock  
3½ oz Raspberry all-fruit jam  
1/3 cup Frozen apple juice concentrate  
2½ tbsps Low-sodium soy sauce  
1¼ tbsps Rice vinegar  
1/2 tsp Chili powder  
1/2 tsp Curry powder  
1/2 tsp Cumin  
1/3 cup Frozen raspberries  
1/3 cup Chopped fresh sage, thyme and savory

### Instructions

- Sauté the shallots in 1 tsp of olive oil until soft over low heat.
- Add the wine and simmer over low heat until the wine has reduced to 1/2 cup.
- Add all the remaining ingredients for the sauce except for the fresh herbs and simmer for 30 minutes until thickened and reduced by 1/3. Set aside.
- Preheat the oven to 400 F. Lay the turkey breasts flat in a casserole baking dish and season with salt and black pepper. Drizzle 1/3 cup of the sauce over the turkey breasts, cover with foil and roast the breasts in the oven for 20 minutes. Remove the foil for and continue roasting for a further 20 minutes. \*If the sauce evaporates before the turkey breasts are fully cooked add a little more chicken stock to the pan for moisture.
- When the turkey has cooked, bring the sauce back to a boil for 5 minutes, (you may want to thicken it a little more with some cornstarch) and add the fresh herbs to the sauce. Slice the turkey breast into 2 inch slices. Place a few slices of turkey on each plate and serve with a little of the raspberry sauce over top.

