

Sugo Di Tacchino (Turkey Sauce)

Turkeys are fed with walnuts and attended to with tender loving care the Abruzzi region. This regional specialty, a “meat” sauce made with ground turkey, is delicious over pasta, polenta or with rice. The addition of capers and olives demonstrate the unique character of the region. Will serve 6 to 8 as first course and 4 to 6 as a second course.

INGREDIENTS

1-1/4 lb. Lean ground turkey
2 cups canned Italian –style whole plum tomatoes (35 oz)
2 tablespoons extra virgin olive oil
pinch of hot pepper flakes
1 small onion, finely chopped
4 cloves garlic, minced
1/3 cup dry red (or white) wine
1 teaspoon fresh thyme leaves
1 teaspoon fresh sage, finely chopped
1 to 1-1/2 cups mushrooms, slices
1/3 cup capers
10 to 12 Kalamata-style olives, slices from pit
1/3 cup fresh Italian parsley, chopped
salt to taste
freshly ground black pepper to taste

DIRECTIONS

Puree tomatoes in a blender or food processor.

Heat oil in a heavy saucepan and drop in a pinch of hot pepper flakes. Add onions and cook until clear. Add garlic and cook lightly (do not brown.) Add turkey and cook continuously stirring until no longer pink. Pour in wine and cook for approximately 1 minute at high heat. Stir in tomatoes, thyme and sage and keep at high heat for 5 minutes. Add mushrooms, capers and olives and reduce heat to a simmer. Simmer until sauce is slightly thickened, about 20 minutes. Salt and pepper to taste.

Add parsley just prior to serving to assure flavor. Serve immediately.

This sauce is even more delicious the next day and will keep well in the refrigerator for up to 3 days. It also freezes well for up to 4 months.