



LEMON BRAISED TURKEY TENDERLOINS WITH SWEET POTATO COCONUT MASH

Serves 6-8

Ingredients

3-4 large	Sweet Potatoes, washed & pierced several times with a fork
2-4 Tbsp	Butter or Coconut Butter
2 Tbsp	Coconut, shredded & unsweetened
1 quart	Boiling Water
1 quart	Ice Cold Water
½ cup	Dark Brown Sugar
½ cup	Sea Salt
4 each	Thyme Sprigs
3 each	Turkey Tenderloins
2-3 Tbsp	Vegetable or Olive Oil
2 cups	Turkey or Chicken Stock
2-4	Lemons, juiced
To taste	Salt & Pepper

Equipment

- Chef's knife
- Sauté pan
- Sauce pan
- Spatulas
- Sauce whisk

Directions

1. Preheat the oven to 400°.
2. Place the brown sugar, kosher salt & thyme into the boiling water & stir until the sugar & salt is dissolved. Pour in the ice water, stir to incorporate. Add in the tenderloins & refrigerate for 2 hours.
3. Remove the tenderloins from the brine & pat dry with a towel or paper towels. Season the turkey with salt & pepper.
4. Heat an oven-safe sauté pan on high heat. Add the oil & sear the outsides of the turkey (this should take about 3-4 minutes on each side) until golden brown.
5. Pour in the stock, lemon juice & place straight into the oven for 8-15 minutes (depending on the thickness of the tenderloins) until done through. Remove from the pan (saving aside the cooking liquid) and let rest 5 minutes. Slice the turkey into medallions.
6. Place the sweet potatoes on a sheet tray into the oven for about 30-40 minutes until tender all the way through (i.e. shows no resistance when pierced with a skewer or knife). Let cool slightly, remove the flesh from the skin & place into a mixing bowl.
7. Melt the butter with the coconut in a small saucepan over med-high heat. Pour into the sweet potato flesh & mix well to combine. Season with salt & pepper.