



# Perfect Sous Vide Holiday Turkey Breast

## My First Turkey Adventure

I once cooked a turkey for twelve people. It was my first time. I was so nervous. The bird was dry as a bone. We ate it with lots of gravy. I still laugh at that.

That's why I love this way. The sous vide part is like a warm bath. It keeps the turkey juicy and tender. No more dry turkey worries for me. This matters because good food brings happy people together.

## Why a Warm Bath Works

Let's talk about that warm bath. You set the water just right. The turkey

cooks gently inside the bag. It cannot get hotter than the water. So it cannot overcook. Isn't that clever?

It swims there for hours. All the juices stay inside the meat. This is the secret to perfect turkey. *Fun fact: This same gentle cooking is how some fancy restaurants cook steak!* Have you ever tried cooking something in a bag before?

## Getting Ready for the Bath

First, you take the breast off the bone. Use a good, sharp knife. It's easier than it sounds. Then you give it a good sprinkle of salt and pepper. Simple is best here.

Into the bag it goes with a little oil. Press out all the air and seal it tight. Then you lower it into the water. Clip the bag to the side. Watch the last bubbles float away. Doesn't that feel like a science trick?

## The Magic Finish

After its long bath, the turkey needs a rest. Then comes the magic. You pat it very dry. This is important for the next step.

Heat a skillet until it's nice and hot. Place the turkey in, skin-side down. Listen to that sizzle! Doesn't that smell amazing? In just minutes, the skin gets golden and crisp. This matters because texture makes the meal. Juicy inside, crunchy outside. Perfection.

## A Tip for a Calmer Day

Holidays can be busy. Here is a gift for you. You can cook the turkey days ahead. After its bath, cool it in ice water. Then just keep it in the

fridge.

On the big day, just warm it back up. Give it that quick crisp in the pan. You get perfect turkey without the fuss. What is your biggest worry when cooking for a holiday?

## Slicing and Sharing

Let the turkey rest a minute after the pan. Then slice it thick. See how juicy it is? The slices will be tender and moist. Every piece will be just right.

See also Yuletide Wellington with Festive Garnish

Place it on a big platter. Watch your family's faces light up. That is the best part of cooking. What is your favorite side dish to serve with turkey? I'd love to know.

## Ingredients:

Ingredient	Amount	Notes
Bone-in turkey breast	1 (7-pound)	Breast halves removed from bone
Vegetable oil	$\frac{1}{2}$ cup plus 2 tablespoons	Divided use
Salt and pepper	To taste	For seasoning



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# Instructions

**Step 1:** Get your water bath ready. Set your sous vide machine to 145°F. Let the water get nice and warm. I like to do this first thing. It gives me time to prepare the turkey. (A 7-quart container is perfect for this job.)

**Step 2:** Now, let's prepare our turkey breast. Carefully cut the meat away from the bone. Season it well with salt and pepper. Place each half in its own bag with  $\frac{1}{4}$  cup of oil. Seal the bags, pushing out the air. Gently lower them into the water. Clip the bags to the side. See any air bubbles? Let them out and reseal. Cook it for 3  $\frac{1}{2}$  to 5 hours. The long bath makes it so tender. **What's your favorite holiday smell? Share below!**

**Step 3:** Time for the crispy skin! Take the turkey out and pat it dry. Heat 2 tablespoons of oil in a big skillet. Get it nice and hot. Place the turkey in, skin-side down. Listen to that wonderful sizzle! Cook until the skin is golden and crisp. (Don't move it too soon for the best crunch.)

**Step 4:** Let the turkey rest for a few minutes. Then, slice it into pretty pieces. I use my favorite carving knife. The slices will be juicy and perfect. Doesn't that look amazing? Now it's ready for your table.

# Creative Twists

You can make this recipe your own. Try adding different flavors to the bag. It's a fun way to play with taste. I love experimenting for my grandkids.

**Herb Garden:** Add fresh rosemary and a slice of lemon to the bag.



**Cozy Spice:** Use a teaspoon of smoked paprika with the salt and pepper.

**Maple Glaze:** Brush the skin with a little maple syrup before searing.

**Which one would you try first? Comment below!**

See also [Crescent Moon Walnut Delights](#)

## Serving & Pairing Ideas

This turkey deserves lovely friends on the plate. I always make creamy mashed potatoes. They're perfect for the gravy. A simple green salad adds a fresh crunch. For a colorful touch, roast some carrots and parsnips. They get so sweet in the oven.

For drinks, a crisp apple cider is wonderful. It's not too sweet. For the grown-ups, a glass of Chardonnay pairs nicely. It tastes like autumn in a glass. **Which would you choose tonight?**



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# A Turkey That Waits for You

Let's talk about making life easier. This turkey can be your secret helper. You can cook it days before your big meal. Just chill it fast in an ice bath after the sous vide step.

Then pop the bag in the fridge for up to five days. On the day, reheat it in the warm water bath. I once did this for a surprise visit from my grandkids. Dinner was ready in thirty minutes! No stress at all.

This matters because holidays should be about people, not panic. Planning ahead gives you time to enjoy your family. You can even cook two breasts and freeze one for later. **Have you ever tried storing it this way? Share below!**

## Simple Fixes for Common Hiccups

Even grandmas have kitchen troubles sometimes. Here are three common ones. First, the bag won't stay under the water. Use a binder clip to clip it to the pot's side. It works perfectly.

Second, the skin isn't crispy after searing. Pat the turkey very dry first. I remember when my first try was soggy. A dry bird makes all the difference. Third, the meat seems bland. Be generous with your salt and pepper before bagging.

Getting these right builds your cooking confidence. It also makes your food taste so much better. Good flavor starts with good basics. **Which of these problems have you run into before?**



## Your Quick Questions, Answered

**Q: Is this recipe gluten-free?** A: Yes, it is. Just check your seasonings to be sure.

**Q: Can I really make it ahead?** A: Absolutely. Follow the “To Make Ahead” steps. It’s a lifesaver.

**Q: What oil can I use instead?** A: Any neutral oil works. Try avocado or canola oil.

**Q: Can I cook a smaller breast?** A: You can. Just keep the cooking time the same for safety.

**Q: Any optional tips?** A: Add herbs like thyme to the bag for more flavor. *Fun fact: Turkey breasts cooked sous vide stay incredibly juicy.*  
**Which tip will you try first?**

See also The Ultimate Stuffed Butterflied Holiday Turkey

## From My Kitchen to Yours

I hope this recipe brings joy to your table. Cooking should feel like a hug for your family. I love hearing your stories and tips.

Please tell me all about your cooking adventures. **Have you tried this recipe?** Let me know how it turned out for you. I read every comment with a cup of tea in hand.

Happy cooking!  
—Elowen Thorn.





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# **Perfect Sous Vide Holiday Turkey Breast**

Author: Elowen Thorn



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Difficulty: **Beginner**



## Perfect Sous Vide Holiday Turkey Breast | 18

Prep time: **20 minutes**



## Perfect Sous Vide Holiday Turkey Breast | 19

Cook time: **3 minutes**



## Perfect Sous Vide Holiday Turkey Breast | 20

Rest time: **10 minutes**





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Total time: **4 minutes**



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Servings: **6 servings**



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Calories:**450 kcal**



Best Season: **Summer**

## **Description**

Perfectly juicy and tender sous vide turkey breast with a crispy, golden-



brown skin.

## Ingredients

- ☐ 1 7-pound bone-in turkey breast
- ☐ ½ cup plus 2 tablespoons vegetable oil, divided
- ☐ Salt and pepper

## Instructions

1. Using sous vide circulator, bring water to 145°F/63°C in 7-quart container.
2. Using sharp knife, cut along rib cage of breast to remove breast halves; discard bones. Trim excess skin from turkey and season with salt and pepper. Place one breast half and ¼ cup oil in 1-gallon zipper-lock freezer bag. Repeat with second breast half. Seal bags, pressing out as much air as possible. Gently lower bags into prepared water bath until turkey is fully submerged, and then clip top corner of each bag to side of water bath container, allowing remaining air bubbles to rise to top of bags. Reopen 1 corner of each zipper, release remaining air bubbles, and reseal bags. Cover and cook for at least 3½ hours or up to 5 hours.
3. Transfer turkey to paper towel-lined plate and let rest for 5 to 10 minutes. Pat turkey dry with paper towels. Heat remaining 2 tablespoons oil in 12-inch skillet over medium-high heat until just smoking. Place turkey skin side down in skillet and cook, adjusting position with tongs as needed, until well-browned and crisp, 4 to 6 minutes. Transfer turkey to carving board and slice into ½-inch-thick slices. Serve.

## Notes

Turkey can be rapidly chilled in ice bath and then refrigerated in zipper-lock bag after step 2 for up to 5 days. To reheat, return sealed bag to water bath set to 145°F/63°C for 30 minutes. Proceed with step 3.

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