









# DIY Deli-Style Cured Turkey Sandwich Meat with Sous Vide

## Ingredients

850 g Turkey breast, large, boneless & skinless (about 1)  
27 g Kosher salt   
27 g Brown sugar, light   
1.4 g Prague Powder #1   
7 g Wright's hickory liquid smoke   
5 g MSG 

## Equipment






Joule   
Digital scale   
Mixing bowl 

## Timing

20 min active; 24 – 72 hours inactive

## Yield

About 2 pounds

27 g Kosher salt   
27 g Brown sugar, light   
1.4 g Prague Powder #1   
7 g Wright's hickory liquid smoke   
5 g MSG 

## 1 Mix up the cure

Mix the cure ingredients together in a small bowl. Whisk well to ensure the curing salt (Prague Powder #1) is evenly dispersed, otherwise you may have some pink spotting on your meat.

This cure is a great base for you to build off of and have fun with flavors. Substitute honey for the brown sugar, and add dried herbs or spices like black pepper, paprika, or granulated garlic.

**Cure Percentages** The measurements provided here (and in the main ingredient panel above) yields an 8% cure. This is our absolute favorite, resulting in a hammy texture (similar to Black Forest ham) that's best for slicing thinly. It keeps the turkey flavor forward and the meat is well-seasoned.

You can adjust and reduce the curing percentages if you prefer. Here's how different cure percents affect the final outcome of the deli meat:

A **2% cure** results in super moist and tender breast meat. This is great for thicker slices or cubing.

A **4% to 6% cure** offers a texture similar to store-bought smoked turkey meat.

If you want to reduce the cure percent, simply weigh your turkey breasts and then determine what quantity of cure you need (percent to total weight). Take that from the mix you've blended here and store any leftovers in an airtight container to use the next time.

## **2 Season the meat and let it rest**

Weigh the turkey breast and scale the quantity of dry cure you need.

Fully and evenly coat the breast with the dry cure. You can place the breast in your sous vide or ziplock-style freezer bag first and then sprinkle in the cure so it fully coats the meat and anything that falls off remains in the bag.

Place the bag with the seasoned breast in the fridge and let it sit for at least 24 hours. This is the curing time we prefer.

You can let it rest for up to three days; keep in mind that the longer you let it rest, the firmer (and more ham-like) it will become as the more the salts and sugars disperse through the protein.

After about an hour in the fridge, once you see the salts and sugar have started to dissolve, give the bag a little mix around to make sure the breast is evenly coated.

### **3 Get Joule going**

*Prep your sous vide set-up. Preheat your water bath to  
131 °F / 55 °C.*

#### 4 **Cook and cool**

Drop your bag in the preheated sous vide bath and cook for three hours.

After cooking, submerge the bag in an ice bath to chill for one hour. You can also cool it down in the fridge, which will take two to three hours.

The turkey breast needs to be completely cooled all the way through before slicing.

#### 5 **Slice it up**

Using a meat slicer or a very sharp knife, slice the breast to your desired thickness. Stored in the refrigerator, your deli meat will keep for one to two weeks.

#### **Make an amazing sandwich**

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