

Turkey Roulade

Ingredients

- 2 Turkey legs
- Salt, as needed 
- Activa RM, as needed 
- Thyme, optional, as needed
- Sage, optional, as needed
- Parsley, optional, as needed

Equipment

- Needle-nose pliers 
- Fine-mesh sieve (optional)
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- High-quality plastic wrap
- 
- Butcher's twine 
- Sous vide setup 
- Ziplock-style bag (1 gallon)
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- Oven 

Timing

4 hr total; 1 hr active

Yield

About 8 single servings

1 Heat Joule to 151 °F / 66 °C

Preheat your water so it's ready when you are.

NOTE: You can also prepare the roulade in advance and refrigerate until you're ready to cook.

2 *Turkey legs*

2 **Remove bones from legs**

Start by slicing all the way around the bottom of the drum bone to sever all tendons connecting the flesh to the bone. Place the leg skin-side down on your cutting board.

Working from either end toward the middle, locate the split in the muscles where the bone is “buried.” Using this as your guide, start splitting the muscles open all the way to the bone.

Once you get to the bone, work your way around the bone using long, shallow strokes. The knuckle where the thigh connects to the back is pretty simple to get around. The knuckle connecting the thigh to the drum can be a little more tricky. Take your time and get through it.

Once you pull the bones out, double-check the flesh for any bone fragments, cartilage, or bloody spots and remove them.

3 Remove tendons (optional, but recommended)

This step isn't necessary, but in larger birds such as turkeys, it goes a long way toward improving the eating experience, as tendons that are left in the meat will be coarse and chewy. The good news is, it's wicked easy and takes only a few minutes with the right tools.

Lay the deboned leg skin-side down on your work surface. On the side that was connected to the drum bone, you should see about a dozen tendons of varying sizes and hardnesses.

Using a pair of needle-nose pliers and a small paring knife, start pulling the tendons out, with the back of your knife holding the flesh in place. Most of the tendons will slide right out no problem, but there are a couple that spread out into large flaps of silver skin. These tend to be a little more firmly connected. You may need to scrape at them with the edge of your knife to loosen them and pull them out.

Once all the tendons are removed, you will be ready to start seasoning.

- Salt, as needed 🛒

4 Add salt

For leg meat, we prefer to add dry salt instead of brining. That's because leg meat already has enough collagen and fat to keep it juicy, and the salt helps firm the texture and add flavor.

We typically use 0.5–0.7 percent salt to the weight of the deboned flesh (not the total leg weight).

Place both deboned legs skin-side down on your work surface. Sprinkle the salt evenly over the entire flesh-side of both legs.

- Activa RM, as needed 🛒

5 Add Activa RM

Keeping the legs skin-side down on your work surface, sprinkle with a fine layer of Activa RM, using a fine-mesh sieve if available. Be sure to get all the little nooks and crannies, as those will be the spots that won't want to stick together if you miss them.

If there is any excessively loose skin, sprinkle Activa on the flesh so the skin will stick back to it when heated.

We used 5 g Activa RM for a 1.2 kg leg.

- *Thyme, optional, as needed*
- *Sage, optional, as needed*
- *Parsley, optional, as needed*

6 Add herbs and spices (optional)

Now is a good time to add herbs, spices, or anything else your heart desires. Just be sure to use sparingly—if you add too much, you may hinder the Activa RM from “gluing” the roulade into a tight, uniform shape.

For our turkey legs, we use a mixture of 1.5 g thyme, 1 g sage, and 1 g parsley.

7 Roll roulade

All right. Your legs are cleaned, seasoned, glued, and flavored. Time to get rolling.

Set your roll of plastic wrap on the top edge of your work surface. Orient it such that if you lifted the loose edge of plastic wrap, the roll would roll toward you. This will help you keep the plastic taut while forming the roulade.

Pull enough plastic over your work surface to cover it completely, plus a little extra over the edge. Be sure that it is completely taut, with no wrinkles, or it will make for a loose roulade.

Place the first leg down on the plastic, skin-side down. Place the second leg on top of it, skin-side up. Try to put the thickest parts of the legs on opposite sides, so you’ll end up with a nice, even roulade.

Now, pull the loose edge of the plastic (the side closest

to you) taut, and pull up and over the legs. While keeping the plastic taut, roll over four times. Grasp firmly on the edges of the roulade and pull the plastic outward as if unwrapping a tootsie roll.

Poke a few holes through the plastic and into the center of the flesh. This helps any trapped air escape, making for a tighter roulade.

Roll over a couple more times and repeat. Roll a couple more times and cut the plastic.

Roll the ends of the roulade in opposite directions, so that the ends of the plastic compress the roulade into a tight cylinder. Tie the plastic off in a knot as close to the roulade as possible. Cut two lengths of twine about 50 cm long and tie them on the ends of the roulade. Tie the knots so that you leave one short and one long end, roughly 10 cm and 35 cm long, respectively.

Using the long side of the twine, twist around and down (toward the roulade). This will take up any slack in the plastic and make for an extremely tight roulade. Repeat on the other side. The roulade should feel very taut and spring back when you squeeze it.

(Watch the video above for visual cues.)

8 Store for later or start cooking

Now you can either store your roulade in the refrigerator or start cooking right away.

Place roulade in a ziplock-style bag and gently lower the bag, unsealed, into the water. The water will cause air to escape from the bag. Clip the bag to the side of the pot.

Cook for at least three hours (for a springy texture) and as many as six (for a more braised, cooked-down texture).

9 Remove from water; unwrap

Remove the roulade from the water. Slice the plastic with a sharp knife or a pair of scissors so you don't damage the roulade itself. Slip the roulade out from one side.

Pat dry with a clean towel.

10 **Crisp skin using desired method**

To bake, crank your oven up to 475 °F / 246 °C, and bake for about ten minutes. (If you're making the roulade for Thanksgiving, you can throw the turkey crown in at the same time.)

Deep-frying works great too. Heat a large pot of canola oil to 400 °F / 204 °C, and fry the roulade until golden brown, about two minutes per side. Allow to dry and crisp up before slicing.

To shallow-fry, heat about an inch of canola oil in a large pan, and rotate the roulade until golden brown on all sides. Allow to dry and crisp up before slicing.

11 **Slice; serve!**

Mmmm...

Keep rolling.