

Turkey, Basmati and Wild Rice Casserole

Recipe courtesy Emeril Lagasse, 2007

See this recipe on air Thursday Oct. 04 at 7:00 PM ET/PT.



Recipe Summary

Difficulty: Easy

Prep Time: 15 minutes

Cook Time: 50 minutes

Yield: 6 to 8 servings

User Rating: ★★★★★

3 cups cooked white rice, such as basmati
 1 1/2 cups cooked wild rice
 1 cup coarsely chopped toasted pecans or toasted slivered almonds
 1/4 cup finely chopped dried fruits, such as dried apricots, cranberries and/or currants
 1 teaspoon salt, plus more for seasoning
 1/2 teaspoon freshly ground black pepper, plus more for seasoning
 6 tablespoons butter, plus more for greasing pan
 6 tablespoons all-purpose flour
 3 cups milk (or combination milk and chicken broth)
 3 egg yolks, slightly beaten
 1/2 teaspoon Essence, recipe follows
 2 cups shredded roast turkey breast
 1 cup grated Gruyere
 1/4 cup grated Cheddar

In a small bowl, combine the white rice, wild rice, pecans and dried fruits and season to taste with salt and pepper. Set aside.

In a medium saucepan melt 6 tablespoons of the butter and whisk in the flour. Cook, stirring, for 2 minutes - do not allow the flour to color. Add the milk in a slow but steady stream, whisking constantly, until completely incorporated. Cook until thickened, 4 to 6 minutes. Whisk in the egg yolks and season with the salt, 1/2 teaspoon of pepper, and 1/2 teaspoon of Essence.

Preheat the oven to 350 degrees F. Grease a 9 by 13-inch casserole lightly with butter. Spread 1/2 of the rice mixture over the bottom of the casserole, top with half of the turkey, then spoon half of the sauce over the top. Top with the remaining rice mixture, then with the remaining turkey, and then spoon the remaining sauce over the top. Sprinkle with the Gruyere and Cheddar cheeses and bake, uncovered, until golden brown, bubbly and heated through, 40 to 45 minutes.

Emeril's ESSENCE Creole Seasoning (also referred to as Bayou Blast): Emeril's ESSENCE Creole Seasoning (also referred to as Bayou Blast):

2 1/2 tablespoons paprika
 2 tablespoons salt
 2 tablespoons garlic powder
 1 tablespoon black pepper
 1 tablespoon onion powder
 1 tablespoon cayenne pepper
 1 tablespoon dried oregano
 1 tablespoon dried thyme

Combine all ingredients thoroughly.

Yield: 2/3 cup

Recipe from "New New Orleans Cooking", by Emeril Lagasse and Jessie Tirsch

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