

Grandma's Wild Turkey and Noodles

This recipe will make 4 medium trays of Turkey and Noodles*

[Live Life Simple's: Grandma's WILD TURKEY 🦃 & NOODLES FREEZE DRIED & REHYDRATED w/ Recipe!](#)

Ingredients:

Wild Turkey

- *3 lbs of Wild Turkey
- *1 Tbsp ground rosemary (fresh is better)
- 2-3 Sprigs
- *A few sprigs of thyme
- *5-6 fresh sage leaves
- *2 tsp of garlic powder

Noodles

- 3 Eggs
- Pinch of Baking Soda
- 2½ -3 C Flour
- 2 Tbsp of milk

Soup

- 16 Cups of Broth



Directions:

1. Use a Sous Vide Cooker, to cook your turkey to keep it tender and moist.
2. Cook turkey to 140°F
3. Make a rub of the spices, and work into the outside of the meat. Put the meat into a zip lock bag, remove all air, let cook for 8 hours in the Sous Vide Bath.
4. Remove from Sous Vide, and let rest for 10 minutes. Chop into bite sized pieces
5. Mix Noodles, adding extra flour as needed until about a pie crust consistency. Roll it out thinly and use a pizza cutter, pasta cutter, or a knife to cut noodles similar to a fettuccine noodle. These will double in size as cooked. Let rest for about an hour
6. (I made this ½ at a time using ½ the broth, noodles, and turkey) Bring broth to a boil in a large stock pot, add noodles and turn down heat and let simmer for 20 minutes.
7. Add turkey (you can add carrots and peas if desired) and let sit for about 5 minutes.
8. Spread evenly across the trays. Weight trays in grams, to keep track of moisture for rehydration purposes.
9. Pre-Freeze using stackers or lids, freeze dry, re-weigh keeping track of weights and store appropriately (See Tips and Tricks for storage help)

Cycle Time: I did not pre freeze before my cycle and my cycle time was about 27 hours.

Rehydration: Add back the percentage of water in grams to a zip lock bag, add the turkey noodles, and use the sous vide to heat and rehydrate.



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Cycle times & rehydration for reference only

* Large Tray = 8 Cups/tray Medium = 6 Cups/Tray Small = 4 Cups/Tray