

Thai Turkey and Cashew Stir Fry

By David Schmetterling | Preparation time: 20 minutes | Cooking time: 10 minutes | Yield: 4 servings



In most Chinese or Thai restaurants, you will find dishes combining chicken and cashews. The recipe shown here began as Chinese-inspired cuisine but is a Thai version. It's less saucy, has fewer ingredients, and contains stronger flavors. The use of oyster sauce shows its kinship with Chinese and northern Thai heritage, like so many dishes I learned to cook when I lived in northern Thailand. This delicious stir fry is easy to prepare, is packed with flavor, and cooks up quickly. Tailor the spiciness to your taste by adding as many chilies as you like.

This dish is a great way to use the breast of a wild turkey, pheasant, or dusky (blue) grouse. And of course chicken works well, too. Breast meat can dry out if cooked too long, but with this or any other stir fries, you cook the meat quickly over high heat, stirring often, and for just a few minutes, so it doesn't overcook. ■

—David Schmetterling, FWP fisheries research coordinator, lives in Missoula.



INGREDIENTS

- ¾ lb. wild turkey breast meat (or pheasant, mountain grouse, or even chicken), sliced into ½- x 2-inch pieces
- ¼ c. vegetable oil
- 2-4 cloves garlic, crushed
- 2 T. oyster sauce.
- 1 bunch of scallions (green onions), cut into 2-inch lengths
- 1 to 5 whole dried red chili peppers or ¼ to 1 t. dried pepper flakes (add as much heat as you want)
- ¾ lb. unsalted roasted cashews (roughly 3 c.)
- Several large lettuce leaves set upon a serving platter
- 1 lime, quartered (optional)
- white rice

DIRECTIONS

Measure out all the ingredients before heating the oil, because the cooking process happens quickly.

Heat oil on high in a wok or a deep skillet. Once the oil is shimmering (but not yet smoking) add crushed garlic and stir until just golden brown. Be careful not to burn the garlic. Immediately add the breast chunks and oyster sauce and stir, coating the meat.

Stir continuously for a few minutes, reduce heat to medium, and add the scallions. Stir, add red chili peppers or flakes, and stir again.

Stir in the cashews so everything is coated, and cook for another minute. Remove from heat.

Place the finished stir fry on the lettuce leaves atop the serving platter. Top with a squeeze of lime if desired. Eat with steamed rice. ■



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