

Devilled Turkey Drumsticks

Serves 4

Ingredients: -

4 - turkey drumsticks, skinned and cooked

30ml/2 tbsp - virgin olive oil

10ml/2 tsp - prepared English mustard

10ml/2 tsp - prepared French mustard

15ml/1 tbsp - tomato ketchup

1.25ml/¼ tsp ground ginger

1.25ml/¼ tsp Cayenne pepper

salt and black pepper to taste

Method: -

Mix together the mustards, tomato ketchup, ginger, cayenne, salt and pepper to taste.

Make shallow cuts on the drumsticks on both sides.

Brush them with the margarine or low fat spread, then roll them in the mustard mixture.

Leave to marinate for 30 minutes.

Preheat the grill to moderate.

Grill the drumsticks for 15 minutes, or until they are tender, crisp and brown on all sides.



Upbeat - Heart Support In West Suffolk

Charity No 1087415

Upbeat Is Affiliated To The British Heart Foundation and Arrhythmia Alliance The Heart Rhythm Charity.

Coated with a piquant sauce, devilled turkey drumsticks provide the ideal way of using up leftover turkey, as the wings and breast may be cooked in the same way.
