

Turkey to Tenders

Watch the video featuring a real farm family in Manitoba and then try the recipe below using one or more ingredients found on their farm.

Videos courtesy of [Great Tastes of Manitoba](#) | Recipe courtesy of [Manitoba Turkey Producers](#)



<https://youtu.be/cCetnGtt4al>

Manitoba turkey farmers give back during Covid-19 pandemic

Our Manitoba farmers are known for their generosity. During the Covid-19 pandemic, farmers stepped up to help even more than normal. The Manitoba Turkey Producers, an organization representing turkey farmers in Manitoba, were no exception. Learn more about how turkey farmers are helping those in need.



There are **52 turkey farms** in Manitoba, raising approximately 1.4 million turkeys annually. Turkey farms in the province typically produce from three to five flocks per year, with many farms growing turkeys seasonally from spring through to fall. The average turkey farm in Manitoba raises 5,500 turkeys per flock.

LEARN MORE:

[snapAg: Farm Animals](#)
[Manitoba's Turkey Industry](#)
[Turkey Farmers of Canada](#)
[Virtual Turkey Farm Tour](#)

CRISPY BUTTERMILK TURKEY FINGERS

Ingredients

- 1.5 lbs boneless, skinless turkey breast, cut into strips $\frac{3}{4}$ inch thick by 4 inches long
- 2 cups buttermilk
- $\frac{1}{2}$ cup flour
- 2 cups panko crumbs
- 2 tbsp olive oil
- $\frac{1}{2}$ tsp garlic powder
- 1 tbsp paprika
- 1 tsp mustard powder
- $\frac{1}{2}$ tsp white pepper
- 1 tsp salt

HONEY DILL SAUCE

- $\frac{1}{2}$ cup Greek-style yogurt
- 2 tbsp mayonnaise
- 1 tbsp honey
- 1 tbsp dill, fresh chopped or dried

Method

1. Lightly season turkey strips with salt and pepper, if not already seasoned.
2. Soak turkey strips in 1 cup buttermilk for 1 hour or more and then drain.
3. Preheat oven to 425°F (225°C) or prepare air fryer for use.
4. Mix panko crumbs with olive oil, garlic, paprika, mustard, pepper and salt. Add flour to a separate bowl and remaining cup of buttermilk to another.
5. Taking a few turkey strips at a time, first dredge them in flour, then dip them in buttermilk and roll them in the panko mixture until they are well coated.
6. Place them flat on a baking sheet and bake them for 20 minutes, flipping once after 10 minutes. If using an air fryer cook them for 12-14 minutes at 400°F (200°C), flipping once.
7. Combine all sauce ingredients and serve with Crispy Buttermilk Turkey Fingers.



<https://youtu.be/8LwKYTrThgY>

Servings **4-6** | Total time **35 minutes**

Grown by Manitoba Farmers