

Turkey Brine Recipe

Brining is a process similar to marinating in which poultry is soaked in brine before cooking. The amount of time needed to brine depends on the size of the meat. More time is needed for a large turkey compared to a broiler fryer chicken.

Brining makes cooked meat moister by hydrating the cells of muscle tissue before cooking. That allows the cells to hold water while they are cooked. This helps prevent the meat from drying out resulting in moister more tender meat.

Brining is a strongly recommended for heritage or free range turkeys. Do not brine a commercial turkey. Commercial, store bought turkeys have already been injected with water and salt. Brining will make them too salty.

Brine for a 17 lb turkey:

One gallon water

1 1/4 cup salt

3/4 cup sugar

3 bay leaves

3 lemons, quartered and squeezed into water, throw quarters in pot too.

Heat water to a pre-boil to dissolve sugar and salt. Add ice in to cool, enough to equal about a gallon and half of water, total for a 17 pound bird.

Soak a 17 pound turkey in brine for at least 6 hours in fridge, but no more than 12 hours. Use shorter or longer times for smaller or larger birds.

Soaking for too long will cause the turkey to be too salty.

Cook:

Rub turkey with olive oil, cover.

Follow cooking directions.

Absolutely use a meat thermometer and be careful to NOT overcook.

Should turn out juicy, and wonderfully flavorful! A different texture than store bought, but by no means tough.

Will make a phenomenal Thanksgiving turkey. Just watch the over cooking! Probably the best turkey I have ever had.....