

Turkey brine

Courtesy of Randall Stasuk, NAIT Culinary Arts instructor

Yield: 12 lb turkey

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Ingredients:

10 L water

2 cups kosher salt

1 cup sugar

2 ea bay leaves

1 bunch fresh thyme

1 bunch fresh sage

1 head garlic – peeled cloves

Optional:

4-6 pc crushed juniper berries

1 tsp ground all spice

2 ea fresh bay leaves

Method:

1. Combine all ingredients. Stir until sugar and salt are completely dissolved.
2. Brine turkey for 24 hours – submerged in brine, in a non-reactive container.
3. Remove turkey, rinse and pat dry with paper towel. Discard the brine.
4. Combine desired herbs and unsalted butter. Do not add any salt (you have your salt from the brine).
5. Work the mixture under the turkey breast skin and season the outside with fresh ground black pepper.
6. Roast at 350-375 F for the first hour, then turn the temperature down to 300 F until cooked to a doneness of 165 F (74 C) in the inner thigh (allow 15-20 minutes per pound). Juices should run clear when checking the thigh. Let rest for 20 minutes before carving.