

TURKEY BRINE

We have another recipe to brine turkey, but this is very simple and basic, and can be used on chicken and pork as well. A good brine causes more moisture to be held in the meat, and the salt actually brings out the meat flavors. I use a 5 gallon water cooler left over from the boys baseball days to brine things, but a large pot would suffice as long as the turkey can be submerged. If you have a larger bird, or don't have a cooler, there are large plastic bags made specifically for brining large turkeys (25 lbs.). These are available on line and at Williams and Sonoma.

One tip though, if you plan on stuffing the turkey, rinse the chest cavity well and consider minimizing the salt in your stuffing because the salty juices will soak in. Of course you can always make your stuffing in a casserole which is what I do.

INGREDIENTS:

1 ½ Gallon Hot Water

1 Pound Kosher Salt

1 Pound Sugar (or Honey)

1 Bag Ice (or about 7 pounds of ice from your freezer)

1 Turkey (25 pounds max, or pork, or chicken or...)

DIRECTIONS:

Combine the hot water, salt, and sugar in a Dutch oven over high heat and stir until the solids dissolve (It does not have to boil). Remove from heat and cool.

If you are using a cooler or pot to brine, pour the cooled brine into the container, add ice and stir. Place the turkey (or meat of your choice) in the brine, cover with a lid, and allow to soak for at least 4 hours, and up to 24 hours.

If you are using a bag, follow the same procedure, but instead of adding ice, place in your refrigerator.

When you are ready to cook, remove the turkey from the brine, rinse, and pat dry with paper towels. Bake/grill/smoke/roast/deep fry as you normally would.