

Brining a Turkey

REAL MEAT HAS A TALE



BRINE SOLUTION

1 tbsp	Mustard Seed, whole
2 each	Star Anise, whole
1 tbsp	Black Peppercorn, whole
1 each	Cinnamon Stick, whole
1 tbsp	Juniper Berries, whole
3 gallons	H2O
3 cup	Kosher Salt
1½ cup	Light Brown Sugar
2 each	Carrots, peel and rough chop
1 each	Onion, peel and rough chop
1 each	Celery rib, rough chop
6 each	Garlic cloves, peeled
1 pinch	Parsley, flat leaf, whole
1 pinch	Thyme, whole
1 sprig	Rosemary, whole
½ each	Orange, halved

TURKEY JUS

1 each	Turkey Drippings
2 cups	Poultry Stock
2 tbsp	Cider Vinegar
2 each	Lemons
1 pinch	Thyme

METHOD OF PREPARATION - 48 hours prior to roasting

1. In a heavy bottom stock pot toast mustard seed, star anise, black peppercorn, cinnamon stick and juniper berries until they fill the room with a fragrant aroma.
2. Add 1.5 gallons of the water and the remaining brine ingredients.
3. Continue over medium high heat until the water simmers or the salt and brown sugar dissolve completely.
4. Add remaining 1.5 gallons of water to quicken the cooling process. Chill for at least 4 hours.
5. Inject turkey with brine. Space injections by one inch and fill until flesh puff and firms. Focus on the thickest part of the bird and move your way out.
6. Submerge turkey completely in brine. Store the bird below 40°F for 24 hours. If bird is more than 20 lbs, store for 36 hours.
7. Once brined, remove bird from solution, rinse with cold water and pat dry with paper towels. Allow the bird to sit uncovered for 4 to 6 hours until the skin becomes tacky to the touch. This is called the pellicle and will aid in the color and crispiness of the bird when roasting.
8. Preheat oven to 375°F. Stuff the turkeys cavity with the citrus and herbs that are removed from the brine. Place, breast side up, in a roasting plaque equipped with a roasting screen and roast for 20 minutes.
9. Lower the temperature to 325°F and continue to roast until an internal temperature of 155° is reached. At this point, remove the bird from oven and allow to rest for 30-45 minutes.
10. While the turkey is resting, heat the roasting pan over medium heat. Add the chicken stock and allow it to reduce by one half. Scrape the bottom of the pan frequently to loosen all crispy goodness.
11. Then add the vinegar and season with lemon, thyme, black pepper and salt.
12. Strain your pan sauce through a fine strainer.

TIPS

- 🦃 This recipe is for turkeys weighing less than 20 lbs.
- 🦃 Choose a brining container that is large enough to hold the turkey and all the brine solution, but can also be refrigerated.
- 🦃 If this is not possible, a cooler can be used for a 24 hour brine. Supplement the second 1.5 gallons of water with 2 gallon of ice. Store the cooler in a cold room or garage.
- 🦃 If a cooler is used the brine solution may need to be increased. The turkey should be completely submerged in brine.