



Brined Turkey

The most important part of a brine is the salt. The salt breaks down the proteins that make up the sheath around the muscle bundles, allowing the meat to take on more moisture.

The rest of the ingredients just add flavor. Below you will find a simple brine, with some optional ingredients if you want to make a savory brine.

Do not use table salt, it will make your turkey too salty.

Ask the butcher for a brining bag.

Recipe Ingredients

- 2 gallons water
- 1 1/2 cups kosher salt
- 3 tablespoons minced garlic
- 1 tablespoon ground black pepper
- 1/4 cup Worcestershire sauce
- 1/3 cup brown sugar

Optional Savory Ingredients

- 1 tablespoon crushed dried rosemary
- 1 tablespoon dried sage
- 1 tablespoon dried thyme
- 1 tablespoon dried savory
- 2 tablespoons whole coriander seeds
- 1 tablespoon dried juniper berries
- 1 tablespoon fennel seeds
- 1 teaspoon black or brown mustard seeds

Recipe Preparation

1. In a large bucket or container large enough to hold your turkey, mix together the water, salt, garlic, pepper, Worcestershire sauce and brown sugar. Store in a refrigerator, and soak turkey for up to 2 days before smoking or roasting.