

Turkey Brine

From www.cookingTF.com

This recipe creates enough brine for a 12-15 lb turkey, depending on the size of the stock-pot you are using. Tall and just wide enough to fit your turkey will minimize the amount of brine that you need. Halve the recipe for a turkey breast or chicken. This will make a moist and flavorful bird.

7 quarts water

3 cups apple juice

4 ½ oranges, quartered

1 ½ cups sea salt

1 ½ cups sucanat (a less refined sugar)

1 Tbs black peppercorns

4 sprigs rosemary

4 bay leaves

6 sprigs thyme

2 lemons, quartered

1. Warm some of the water and dissolve the sucanat and salt. Cool to room temperature and add the remaining ingredients (squeeze the citrus as you add it).
2. Place into a non-reactive (non-aluminum) container like a stockpot. Remove the innards and neck from the cavity if present and refrigerate separately for later.
3. Rinse the turkey and place into the brine.
4. Cover and refrigerate, turning occasionally, for 12 to 24 hours. Weight the bird down if necessary to keep most of it in the brine.

*If you need more brine, such as when doing a whole bird, you can use ½ cup salt and ½ cup sucanat for every gallon of water.

*You can then rinse the bird thoroughly and cook by any method you choose.