

Turkey Brine



Enough for a deboned 14# Turkey
For a bone in turkey- double the amounts
Yields approximately 3 quarts of liquid

Ingredients

½ cup kosher salt (needs to be kosher)
¼ cup sugar (brown sugar adds some depth of flavor)
1 tbsp. pepper corns
4 sprigs fresh thyme
2 bay leaves
½ head of garlic, broken into cloves and crushed
1 tsp. juniper berries
2 sprigs fresh rosemary
3 cups water
1 small stick cinnamon, optional
6 cups ice

Procedure

1. Combine salt, sugar, spices, herbs, garlic, and water. Bring to a boil, and boil for 1 minutes until salt has dissolved.
2. Remove from heat. Add ice and stir until cool. This liquid needs to be 70°F or colder before pouring over poultry. Make sure all parts are covered by brine.
3. Brine poultry for no longer than 24 hours. It must be under refrigeration.
4. Before using, remove poultry from brine, remove any spices stuck on, pat dry.
5. Discard brine after one use.