

## Brining a Turkey:

Brining adds moisture, making it the best choice for lean proteins. Salt provides seasoning and also promotes changes to the protein structure, reducing toughness and creating gaps that fill up with water and keep the meat juicy and flavorful.

Preferred salt: Table salt

Benefits over salting: Works faster than salting, can make lean cuts such as chicken breast or pork tenderloin juicier than salting since it adds, versus merely retains, moisture.

Cons: Can inhibit browning on skin or meat exterior and requires fitting a large brining container in the refrigerator.

Turkey brine

6-8 # breast	12-17# turkey	18-24# turkey
1 gallon water	2 gallons water	3 gallons water
½ cup salt	1 cup salt	1.5 cups salt
3-6 hours	6-12 hrs	6-12 hrs

Cook at 325 degrees. Measure cooking with a thermometer instead of a clock.

In general, your cook time for a thawed turkey will range from 1.5 hours for a 4# breast to 5 hours for a 24# bird.

Add ½ hour to your cooking time if the bird is stuffed.

180 degrees in thigh, clear juices

165 degrees in the middle of the stuffing