

Brining a Turkey

Single	Multiple
2 litre	4 litre
8 Cup	16 Cup
1 Cup	2 Cup
1	2
4	8
2 Stem	4 Stem
2 Branch	4 Branch
2 Stems	4 Stems
1	1

Vegetable Stock

Water

Kosher Salt

Onion - course chopped

Stalks Celery - course chopped

Fresh Sage (alt: 2 Tbsp. dried)

Fresh Rosemary (alt: 2 Tbsp. dried)

Fresh Thyme (alt: 2 Tbsp. dried)

Large Food Grade Storage Bag (an oven bag works well)

- ☐ Bring water and salt to a boil. Stir until salt is totally dissolved.
- ☐ Add Vegetable Stock, sage, rosemary and thyme and allow to come back to a boil.
- ☐ Add onions and celery. Reduce heat to a simmer.
- ☐ Simmer mixture for 10 - 15 minutes, then allow to cool to room temperature.
- ☐ Prepare turkey by removing neck and giblets from cavity.
- ☐ Wash turkey including cavity.
- ☐ Place bag in large container.
- ☐ Place unstuffed turkey in bag and then pour liquid (including vegetables and herbs) into bag. Make sure entire turkey is covered. Add water if necessary.
- ☐ Remove as much air as possible from bag and then seal.
- ☐ Refrigerate turkey and brine. Turkey must remain in brine for a minimum of 10 hours, but not more than 24.
- ☐ Remove turkey from brine. Reserve herbs and vegetables. Wash and rinse turkey well to remove as much of the brine as possible. Make sure cavity is rinsed as well.
- ☐ Place herbs and vegetables in turkey cavity see comment #1. Prepare turkey for roasting as per normal.

Yield: Single: for turkeys up to 12 lbs., Multiple: for turkeys over 12 lbs.

Comments: 1) It is strongly recommended not to stuff the turkey when cooking as it tends to dry it out. Use turkey stock when making stuffing and then bake it in the oven separately.

2) The recommended mix of salt to liquid for a brine is 1 part salt to 16 parts liquid. This will enable the liquid to be drawn into the turkey via osmosis without resulting in too high a sodium content when cooked.

3) Ensure the turkey is washed and rinsed very well after being removed from the brine. Do not reuse the brine.