

## Brined and Roasted Turkey

*Brining firms the meat and flavors it internally producing tender juicy meat.*

### Ingredients:

¾ cup coarse sea salt  
¾ cup organic sugar  
1 ½ gallons water  
1 (7-10 pound) turkey

### Herb mixture:

1 teaspoon rosemary  
1 teaspoon sage  
¼ teaspoon cracked pepper  
¼ teaspoon paprika

### Directions:

Purchase a 7-10 pound turkey, allowing 1/2 – 3/4 pound per person. Thaw if frozen.

In large pot, combine sea salt and organic sugar. Stir in 1 1/2 gallons of water. Stir until completely dissolved. Add turkey to pot. (The brining solution must completely cover turkey breast). Refrigerate, covered, 12-24 hours.

Rinse turkey inside and out after brining. Pat dry with paper towels. Arrange turkey on rack in shallow pan. Refrigerate, uncovered, 12-16 hours. (Allowing turkey breast to sit uncovered in refrigerator insures a deep golden skin when roasting).

### To Roast:

Generously brush turkey with olive oil and sprinkle with herb mixture. Roast in a preheated 325 F oven until meat thermometer reaches 165 F according to timetable (below). When turkey breast is a deep golden brown, cover with a “tent” of lightweight foil.

Let stand 15 minutes before carving. Temperature will rise 5-10 degrees while standing.

### ROASTING GUIDE

Weight	Approximate Cooking Time	Internal Temperature
4-6 pounds	2 – 2¼ hours	165 F
6-8 pounds	2¼ - 2½ hours	165 F
8-10 pounds	2½ - 3¼ hours	165 F

### Tips:

#### Roasting Guide

Weight	Approximate Cooking Time	Internal Temperature
4 to 6 lbs.	2 to 2 1/4 hours	165 F
6 to 8 lbs.	2 1/4 to 2 1/2 hours	165 F
8 to 10 lbs.	2 1/2 to 3 1/4 hours	165 F