

HOW TO BRINE A TURKEY - TIPS FROM DIAMOND CRYSTAL® KOSHER SALT FOR MOIST, FLAVORFUL MEAT, TRY BRINING

For moist, flavorful meat, many chefs and food experts recommend brining, which can transform chicken, pork, or even a whole turkey into a mouthwatering masterpiece. Many types of seafood also benefit from brining.

What's brining?

Brining is the process of soaking meat in a salt-based tenderizing solution. Thanks to salt's natural ability to draw out foods' true flavors and juices, brining plumps up meat with an extra amount of seasoned moisture, which retains flavor and tenderness throughout cooking.

Your meat will not taste salty. It will simply taste good and juicier than usual. This means that not only will dinner be really good but also stock made from the meat carcass and leftovers will have more flavor.

You can use any kind of salt you wish, but many chefs prefer kosher salt because it does not contain the iodine often found in table salt.

- * **Mix 3 tablespoons of Kosher Salt** (or sea salt – **DO NOT USE IODIZED** table salt) with one quart of water. Use approximately one quart of brine solution for every pound of meat.
- * Place the meat in a container big enough to allow it to be fully immersed in the solution. Soak at the rate of one hour per pound. (We use a cooler as then our sink is free for other things. Typically, we place the cooler with the bird in it in the garage overnight.)
- * Drain the meat, pat it dry, and cook as you normally do without any change in temperature or technique.

BRINED & ROASTED WHOLE TURKEY

*1 cup Morton Kosher Salt

*1 cup sugar (We also like to add maple syrup, garlic, onions and/or oranges – Experiment according to your tastes!

2 to 3 gallons of cool water

1 12 to 15 pound fresh, whole, bone-in skin-on turkey, rinsed & patted dry

* equal amounts of salt and sugar. Can adjust for a larger bird

To Brine:

Combine Morton Kosher Salt and sugar in cool water in a large clean stockpot until completely dissolved. Place whole turkey in the brine until completely submerged. Cover and refrigerate one hour per pound of bird, or up to 24 hours for best results. Remove turkey from the brine, rinse inside and out under cool running water for several minutes to remove all traces of salt; pat dry with paper towel.

Homemade Turkey Stock & Soup

Stock:

- o 1 pkg. **Coon Creek Family Farm** Organic turkey carcass (we put the carcass in the soup pot immediately after removing any extra meat
- o 1 medium onions coarsely chopped
- o 2 carrots – scrubbed and coarsely chopped
- o 2 stalks celery (optional)
- o 2 tsp. ground pepper
- o 8 pinches dried parsley
- o 16 cups water
- o 2 tsp. garlic salt (optional)
- o 4 cloves garlic coarsely chopped

Combine all ingredients in large stock pot. Bring to a boil. Lower temperature and simmer overnight. Strain into a large bowl. Save turkey pieces. Discard rest of solids. Refrigerate and then skim fat off top.

Soup:

- o Stock as prepared above
- o Turkey pieces saved from previous meals
- o 3-4 carrots sliced
- o 1 cup rice or potatoes or noodles
- o Salt and pepper to taste
- o Onion and garlic to taste

After adding rice, bring to a boil. Turn stove down to a simmer. Cover and simmer.

* See our website for a Chicken/Turkey Tetrazzini recipe



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