



## BRINED ROAST TURKEY

*Incredibly moist and flavorful, this roast turkey is so good we almost didn't get any leftovers last Thanksgiving. The secret is in the combined method of brining and roasting the turkey breast down first, before turning it over.*

### **Ingredients**

#### **For brining:**

1 fresh or thawed turkey, with giblets from cavity removed (at least 13 lbs)  
kosher salt  
juice of 1 orange\*  
juice of 1 lemon\*

\* As an alternative (and a very delicious one at that) you can use a cup of pineapple juice, or whatever light-colored juice you prefer. You can also add brown/raw/demerara sugar, honey, agave nectar or molasses to the solution.

#### **For roasting:**

2 sprigs of thyme  
2 sprigs of rosemary  
2 carrots, roughly chopped  
2 stalks celery, roughly chopped  
2 yellow onions, roughly chopped  
2 cups low-sodium chicken broth  
1/2 cup white wine  
4 tablespoons (1/2 stick) butter, melted  
Pepper to taste

### **Preparation**

1. **Brining.** If you at least 12 hours to prepare: submerge turkey in a liquid solution of 1/2-cup salt combined with 1-gallon water and the orange and lemon juice. You can also brine the turkey for only 4 hours using a stronger solution of 1-cup salt to 1-gallon water, and the juices.

You can use extra large Ziploc bags (double bag it for safety and put on the most bottom area of the fridge in case of spillage) or the specially made brining bags you can buy at specialty stores. You can also use a large pan that can fit the turkey (you might need to turn the turkey halfway through if you use a pan). Keep the turkey in the brining bag/container in the refrigerator or place it in a large cooler with bags of ice – you need to watch out for the temperature. **Important: Remember to keep the turkey below 40°F.**

2. **Cooking the turkey.** Preheat the oven to 325°F.\*\* Rinse the turkey thoroughly and pat dry.

3. Mix thyme, rosemary, carrots, celery and onions in a small bowl. Stuff the turkey's cavity with this vegetable mixture and scatter any leftovers on the bottom of the roasting pan. Pour wine and broth over the vegetables in the pan.

4. Place the turkey rack (flat or v-rack) in the roasting pan, over the vegetables. Transfer the turkey to the rack, with the breast side down. Brush half of melted butter on the whole turkey, then sprinkle with salt and pepper.

5. Roast turkey breast side down for the first half of the roasting time.\*\* Remove from the oven and turn breast side up, brush with the rest of the butter and season with salt and pepper. Roast until thermometer inserted in the thickest part of the thigh reaches **165°F**.

6. Remove turkey from the oven and set aside to rest for 30 minutes, tented with foil. Carve and serve drizzled with pan drippings.

\*\* Most store-bought turkeys will have temperature and roasting times indicated on the packaging. Please follow them.

Here's a quick reference for roasting (stuffed) turkey at 325°F from the [USDA website](#).

<b>Weight</b>	<b>Time</b>
8 - 12 pounds	3 to 3 ½ hours
12 - 14 pounds	3 ½ to 4 hours
14 - 18 pounds	4 to 4 ¼ hours
18 - 10 pounds	4 ¼ to 4 ¾ hours
20 - 24 pounds	4 ¾ to 5 ¼ hours

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*This recipe is inspired by the Roast Turkey recipe from the Whole Foods Website. It was featured on [Gourmeted.com](#) in December 24, 2009:*

<http://gourmeted.com/2009/12/24/brined-roast-turkey/>

*Please email us at [gourmeted@gmail.com](mailto:gourmeted@gmail.com) if you have questions it. Enjoy and happy eating!*