



Clementines Kitchen  
Stone Creek Shopping Village  
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### Clementines Kitchen Freshly Roasted Brined Turkey

Chef David Babcock

The technique of brining meats and fowl go back centuries. Before the days of commercially available meat tenderizers, brining was the only guarantee of a sublimely succulent and moist result. The basic brine is a combination of salt, sugar and water. In this rendition, I have added several "sweet spices" which bring out the flavor of the rather bland meat of turkey. After brining, the bird may either be roasted as I suggest here, or smoked until it is a deep mahogany color. I prefer to cook the bird un-stuffed to 157 degrees. The most important, however, is to let the turkey rest for 20 to 30 minutes, covered in several sheets of aluminum foil after the temperature has been reached.

#### THE BRINE

- 3 pounds of KOSHER salt
- 4 pounds light brown sugar
- 1.5 gallons BOILING water
- 1.5 gallons COLD water
- 1 gallon Ice Cubes
- 2 sticks Cinnamon
- 2 Bay Leaves
- 1 large sprig of Fresh Thyme, slightly crushed
- 1 big pinch dried Lavender (if available)
- 2 big pinches dried French Herbes de Provence
- 1 large plastic garbage bag
- large ice chest (just big enough to hold the bird)
- 1 FRESH Turkey, COLD from the refrigerator

Bring to the boil 1.5 gallons of water in a LARGE pot. When boiling, add the KOSHER salt and the brown sugar. Stir well to dissolve. Remove from heat. Add the COLD water (basically to cool off the brine!) Add the herbs and spices. Place the Turkey (washed, giblet bag removed) in to the clean plastic garbage bag. Place bag and Turkey into the ice chest. Add the ice cubes to the now cooled brine. IMPORTANT: BE SURE THE BRINE IS COLD!! Add the brine into the bag, being sure the bird is completely submerged. Secure the bag, and close the ice chest tightly. Keep the Ice Chest in a cool place and allow the Turkey to brine for 12-16 hours. Check from time to time adding additional ice if necessary to keep the brine cold. Remove bird from brine, rinse well, and place on roasting rack, breast side up. Rub well with vegetable oil or butter. Roast until internal temperature reaches 157-160 degrees internally. Once temperature has been achieved, remove from oven and cover with several sheets of aluminum foil, and let rest for 20-30 minutes.