

All About Brining

(NAPSA)—Preparing a main course that will make mouths water at mealtime is a must. Brining is a way to prepare moist and flavorful main dishes such as turkey, chicken, pork and many types of seafood. Brining locks in the natural juices of meat and seafood, so they don't dry out in the oven.

Chicken, turkey and pork are well suited for brining because they are lean and mild in flavor, which enables the brine to bring out the best in these proteins.



Brining can make your turkey moist and flavorful.

How To Brine A Turkey

Select a turkey that is not pre-basted. Simply immerse it in a solution of Morton® Coarse Kosher Salt and water, from 4 to 14 hours. You can add sugar, herbs or spices to enhance the flavor further. Then prepare your turkey as you normally would.

Kosher salt is perfect for brining because the flat, flaky crystals dissolve well in water and create a crystal-clear brine. If you're brining for 4 to 5 hours, use one cup of kosher salt to one gallon of water. To brine for 5 to 14 hours, use half the salt. Do not brine when deep-frying your bird.

For brining guides, easy recipes and a video on brining basics, visit www.mortonsalt.com/for-your-home/brining-basics.