

# Talking Turkey

## Unlock The Melt-In-Your Mouth Poultry Secret

(NAPSA)—The secret to moist turkey, chicken or pork is simple—brining. Brining is a process of soaking meat in a saltwater solution prior to cooking it to effectively lock in the natural juices. A secret of restaurant chefs for more than a century, it's now being handed to a new generation of cooks.

Chicken, pork and turkey benefit from brining because they're generally cooked at higher heat, which saps the moisture and flavor of the meat quickly. The brining binds and locks in natural juices without leaving a salty flavor.

For the easiest and most effective brining, consider Morton Kosher Salt. It dissolves quickly and has a clean, crisp taste. Whether you're making a basic saltwater brine or adding herbs and spices for more flavorful dishes, this salt can make a noticeable difference in the juiciness of your meats.

Soak the turkey in this recipe for a succulent bird. For more brining recipes go to [www.mortonsalt.com](http://www.mortonsalt.com).

### BRINED & ROASTED WHOLE TURKEY

- 2 cups Morton® Kosher Salt**
- 2 cups sugar**
- 2 to 3 gallons of cool water**
- 1 12 to 15 pound fresh, whole, bone-in skin-on turkey, rinsed & patted dry**
- 8 tablespoons unsalted butter, divided (5 Tbsp. softened; 3 Tbsp. melted)**
- ½ teaspoon ground black pepper**
- 1 cup white wine, chicken broth or water**

**To Brine:** Combine Morton Kosher Salt and sugar in cool water in a large, clean stock-



**pot until completely dissolved. Place whole turkey in the brine until completely submerged. Cover and refrigerate 4 to 5 hours minimum, 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.**

**To Roast:** Mix the softened butter with the pepper. Place turkey on rack in roasting pan. Rub the seasoned butter under the skin. Brush the skin with the melted butter. Pour the 1 cup liquid (wine, broth or water) over the pan bottom to prevent drippings from burning. Roast turkey at 450° F for 25 minutes, baste and then rotate the roasting pan. Continue roasting until the skin turns golden brown, an additional 25 minutes; baste again. Reduce oven temperature to 325° F; continue to roast, basting and rotating the pan once about halfway through cooking, until the internal temperature reaches 170° F. for turkey breast meat and 180° F. for turkey thigh meat. Remove the turkey from the oven. Let stand 20 minutes before carving.