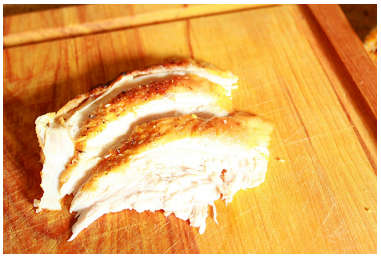
Brined Turkey Breast

Description

There's no sense in waiting until Thanksgiving to serve turkey. Turkey breasts are readily accessible all year long. By cooking just the breast, you get the good flavor of turkey yet the amount of turkey is little enough that you don't have to have turkey leftovers for the next month. The white meat is not as juicy as the dark and requires brining to ensure that's is not so dry you can't swallow it once it cooked. Brining is an easy process but does require some planning since the bird needs to be brined overnight.



Summary

Yield: 12
Prep Time: 2 hours
Category: Poultry
Cuisine: American

Ingredients

- 1 gal water
- 1 cup kosher salt
- 1/2 cup brown sugar
- 1 turkey breast about 6 pounds
- 4 carrots cut in big pieces
- 4 stalk celery cut into pieces
- 2 onions peeled and quartered
- 2 bay leaves
- 1 cup chicken broth

Instructions

Place vegetables and bay leaves in the bottom of a sturdy roasting pan.

Coat turkey breast with olive oil.

Sprinkle lightly with salt and pepper. The meat has been flavored with the salty brine so you don' t need a tremendous amount of salt.

Place turkey on top of vegetables in the roasting pan.

Add water or stock.

Roast in a 325 degree oven, basting occasionally, until the thickest part of the breast cooks to an internal temperature of 165 degrees which is take approximately 2 hours.

Remove from oven, tent with foil for 30 minutes before carving.