

BRINING

The big idea: Remove giblets and rinse the bird under cold water, then soak your turkey in a salt-water solution just before seasoning and cooking. The brine will penetrate the turkey and help loosen its muscles.

The benefits: A juicy, tender and tasty turkey!

Note that certain commercial turkeys have already been injected with brine. Be sure to check the packaging to avoid brining a second time.

Salt-Water Solution



Portions: For every 16 cups (4 L) of cold water used to submerge your bird, add:

$\frac{3}{4}$ cup (180 mL)
salt

$\frac{3}{4}$ cup (180 mL)
sugar

1 tbsp (8 mL)
black pepper



16 cups (4 L) of cold water



Vary your ingredients: Add herbs and spices to taste (sage, oregano, thyme, basil, garlic, cinnamon) or orange and lemon slices. You can also substitute a portion of water for apple juice, apple cider or beer in equal amounts. Same goes for brown sugar and maple syrup!



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The technique

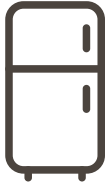
1. **Boil** the liquid that will be used for your brine.



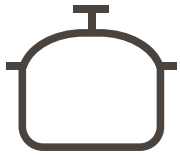
2. Let **cool** to room temperature for 2 to 3 hours.



3. **Chill** in the fridge for another 2 hours.



4. Plunge your turkey completely in the cold brine and let **marinate** in the fridge for about 12 hours.



5. **Rinse** your turkey well and soak in cold water for 30 minutes. Then rinse again and dry with paper towels.



EXPERT Tip

No room in the fridge? Try brining your turkey in a cooler. Use frozen water bottles or ice packs to keep it cool, changing them regularly so your brine stays cold throughout the 12-hour marinating process.

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