



Turkey

Jay C. Veregge ~ Executive Chef
(serves 6 people)

INGREDIENTS

BRINE

1 cup	salt
1 cup	brown sugar
1 gallon	water
2	bay leaves
1 Tbsp	black peppercorns

TURKEY

8-12 lb	whole turkey
	brine
½ lb	celery, <i>diced large</i>
½ lb	carrots, <i>diced large</i>
1 lb	onions, <i>diced large</i>
½ cup	maple syrup, <i>for basting</i>
2 cups	chicken or turkey stock

PROCEDURE

Make sure your turkey is completely thawed. Before brining your turkey, remove neck and giblets (may be in a plastic bag) by reaching inside the neck cavity to remove the neck and giblets. Discard. If you can feel ice on the inside of the turkey, set it in cold water until it has completely thawed. Rinse and clean the turkey thoroughly under cold running water, turning and rubbing to get every part, inside and out. Dry the turkey with clean kitchen or paper towels. Set the carcass cavity down so that it drains into the sink. Wash anything that might have come into contact with the bird after you clean it—utensils, cutting boards, and your counter top.

BRINE

- Combine water, salt and brown sugar. Stir mixture thoroughly to dissolve salt and sugar.
- Add bay leaves and peppercorns.
- Use the same ratio of ingredients to make enough brine to cover turkey.
- Submerge turkey in brine for 10-12 hours before roasting.

TURKEY

- Preheat oven to 350°.
- Remove turkey from brine and rinse thoroughly.
- In a roasting pan, scatter vegetables throughout the bottom to form a bed for the turkey.
- Place turkey breast-side up on top of the vegetables.
- Roast in oven for about 15 minutes per pound until the turkey reaches an internal temperature of 165°.
- During the last hour of roasting, add stock to the bottom of the pan.
- Brush every 15 minutes with a liberal coating of maple syrup.
- If turkey starts to brown too fast, cover with a foil tent.
- Remove from oven and let turkey rest for 25 minutes before slicing.