



Welcome to Morton Salt's Ultimate Guide to Brining

No dish has more riding on its success than the Thanksgiving turkey. Unfortunately, turkey loses its natural juices the longer it cooks. And since medium rare isn't an option, it needs to cook for a long time.

Fortunately, we have just the solution – brining. Brining locks in a turkey's natural juices, so it won't dry out during the roasting process, ensuring the perfect centerpiece for a flavorful feast.

Why brine your turkey?:

Brining is a process that locks-in turkey's natural juices, allowing it to be exposed to heat during the cooking process without drying out.

You simply immerse the turkey in a solution made with Morton® Coarse Kosher Salt and water anywhere from 4 to 14 hours. (Find additional recommendations in the Tips and Advice section.)

One of the great things about brining is that you don't have to alter or change a favorite recipe. Once it's been brined, you can prepare your turkey the way you normally would.

What you'll need:

- Water
- Morton® Coarse Kosher Salt
- Sugar and/or herbs depending on the recipe
- A container large enough to fully submerge your turkey in water, such as:
 - A clean plastic bucket, if it's approved for food usage. If not, line it with a turkey oven-roasting bag.
 - Stainless steel stockpot (don't use aluminum).
 - A glass container.
 - A cooler lined with a turkey oven-roasting bag.

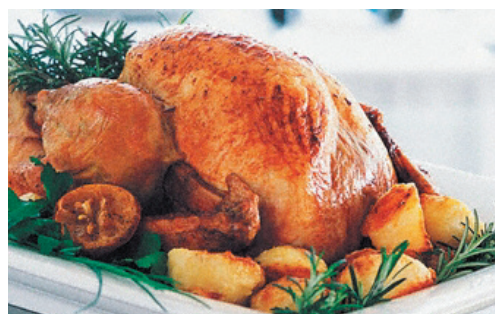


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Tips and Advice:

Here are a few tips, tricks and cautions to increase your brining success:

- Do NOT brine a turkey that has been “basted,” “enhanced,” “marinated” or is already classified as Kosher.
- Do NOT brine your turkey if you plan on deep frying it.
- If you purchased a turkey with a pop-up timer, leave it in place. If removed, the timer will leave a hole for juices to escape.
- Brining takes up precious refrigerator space. Here are a few things to consider before you brine:
 - You may want to rearrange your refrigerator shelves ahead of time, to make room for the brining bird.
 - Brine your turkey overnight. Taking it out in the morning to begin cooking will allow you not to lose sleep wondering how everything will fit in the fridge.
 - If there is simply no room in your refrigerator you can use a cooler—lined with a turkey roasting bag— but you will need to make sure the water temperature remains below 40 degrees throughout the process.
- Brining proportions and length of time to leave your turkey in the water:
 - If you are going to brine your turkey for 4 to 5 hours use a brine proportion of 1 cup Morton® Coarse Kosher Salt to 1 gallon water.
 - If you are going to brine your turkey overnight or up to 14 hours use a proportion of 1/2 cup Morton® Coarse Kosher Salt to 1 gallon water.
- Does the type of salt matter? Yes, we recommend Morton® Coarse Kosher Salt because of the way it dissolves completely in water.
- You can brine any size turkey. The key will be to ensure you have a container large enough and enough brine to keep the turkey submerged.



Brining Recipes

Whole Turkey Brine

The following recipe is for an entire turkey. Remember you'll want it completely submerged. You may need to increase the amount of brine based on the size of the turkey.

2 cups Morton® Coarse Kosher Salt

2 cups sugar

2 gallons of cool water

To Brine:

Combine Morton® Coarse Kosher Salt and sugar in cool water in a large, clean stockpot until completely dissolved. Place the whole turkey in the brine until completely submerged. Cover and refrigerate. Remove the 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. Discard the brine. The turkey is now ready to be cooked as you normally would.

For a recipe to cook your turkey, please visit

<http://www.mortonsalt.com/recipes/recipeex.asp?recipeid=51>

Turkey Breast Brine

The following recipe is for a turkey breast – not an entire turkey.

1-1/2 cups Morton® Coarse Kosher Salt

1-1/2 cups sugar

1-1/2 gallons of cool water

To Brine:

Combine Morton® Coarse Kosher Salt and sugar in cool water in a large, clean stockpot until completely dissolved. Place the turkey breast in the brine until completely submerged. Cover and refrigerate for 5 hours. Remove the turkey breast from the brine, rinse inside and out under cool running water; pat dry with paper towel. Discard the brine. The turkey is now ready to be cooked as you normally would.

For a recipe to cook your turkey, please visit

<http://www.mortonsalt.com/recipes/recipeex.asp?recipeid=104>

