







# Brined Turkey or Chicken

I love when they have turkey breasts at the grocery store. What a simple, nutritious and delicious meal for a week night or company. The brine works equally well for a whole chicken or turkey.

<b>2</b>	<b>turkey breast halves, with or without bone</b>
<b>1</b>	<b>cups water</b>
<b>2</b>	<b>Tbsp pickling salt</b>
<b>2</b>	<b>Tbsp brown sugar</b>
<b>1/2</b>	<b>tsp whole peppercorns</b>
<b>1</b>	<b>cups ice</b>
<b>1</b>	<b>bay leaves</b>
<b>parsley, sage rosemary and thyme leaves if you have them or 1/4 tsp of any or all of the above dried</b>	

-  Boil water, salt, sugar and peppercorns together until sugar and salt are dissolved.
-  Remove from heat and add ice to cool
-  When brine is cooled to room temperature cover turkey in a plastic bag with liquid and turn to coat. Place in a pan and refrigerate for at least 2 hours and up to 12 hours before cooking.
-  Preheat BBQ to 325 degrees F and place drained turkey breast skin side up on the grill for 45 to 60 minutes until a meat thermometer reaches 150 degrees F. Turn the breast over and continue to grill for another 10 - 15 minutes until the internal temperature reaches 172 - 180 degrees F.
-  Remove from grill and let sit at least 10 minutes before slicing
-  I love to serve this with baked sweet potatoes and homemade cranberrie sauce!

Serve 6

Anne's Favourites