



FINCH + FENNEL

Brined Whole Turkey

INGREDIENTS:

Whole Turkey or Chicken
F+F Spiced Brine Blend (ratio 1 Tbsp to 1 c of water)
Handful of Peppercorns
2-4 sprigs Rosemary
2-4 sprigs Thyme
5 Sage Leaves
1-3 Bay Leaves
1 Garlic Clove



DIRECTIONS:

1. Bring 2 to 6 quarts of water to a boil, enough to completely submerge your entire turkey or chicken. Remove water from heat & add in 1 Tbsp F+F Spiced Brine Blend per 1 cup of water. Add in the peppercorns, rosemary, thyme, sage, bay leaves, and garlic. Stir well to dissolve the brine salts.
2. Let this liquid cool completely & then add in your turkey or chicken, making sure it is covered completely by the liquid.
3. Cover it & let it sit refrigerated overnight, or at least 12 hours.
4. Remove meat from brine & pat dry. Cook according to weight, until internal temperature has reached 165°F.

Enjoy!

