



## FABULOUS TURKEY PREPARATION TECHNIQUE

Any size turkey will do – just change the baking time if it is bigger. This is for a 12-16 pound turkey.

I got this technique from the newspaper several years ago and once I tried it, I never went back to old brining methods, deep frying methods etc. etc. This is simply the best I've ever tasted! The only downside is you have to begin 3 days in advance and if the turkey is frozen, you'll need an extra day for it to thaw out. I usually thaw it on Saturday and start on Sunday night before Thanksgiving so that I can serve it mid-day on Thursday.

**SUNDAY NIGHT (or three days before you will cook it):** Wash the turkey inside and out, pat it dry and weight it. Measure 1 Tablespoon of salt into a bowl for every 5 pounds the turkey weights (you'd have 3 T for a 15 pound turkey. **I DON'T GO TO ALL THIS TROUBLE OF MEASURING – I SIMPLY FILL A BOWL WITH SALT TO GET STARTED.**

Sprinkle the inside of the turkey lightly with salt. Place the turkey on its back and salt the breasts, concentrating the salt in the center, where the meat is thickest. It should look liberally seasoned, but not over-salted.

Turn the turkey on one side and sprinkle the entire side with salt, concentrating on the thigh. Flip the turkey over and do the same with the opposite side. **Really don't worry about over-doing it – I just sort of sprinkle salt liberally until it is all covered)**

Place the turkey in a big plastic trash bag and press all the air out. Seal tightly with tape or rubber bands. Place the turkey breast-side up in the refrigerator where it will remain for the next few days.

**WEDNESDAY (or three days later):** In the morning, turn the turkey over so that it is lying on its breast for the final day of marinating.

In the evening, remove the turkey from the bag. There should be no salt visible on the surface and the skin should be moist, but not wet. Place the turkey breast side up on a plate and leave in the refrigerator for at least 8 hours.

**THURSDAY (or cooking day):** Remove the turkey from the refrigerator and leave it at room temperature at least one hour. Preheat the oven to 425 degrees.

Place the turkey breast-side down on a roasting rack in a roasting pan; put it in the oven. After 30 minutes, remove the pan from the oven and carefully turn the turkey over so the breast is facing up (it's easiest to do this by hand, using kitchen towels or oven mitts).

Reduce the oven temperature to 325 degrees, return the turkey to the oven and roast until a thermometer inserted in the deepest part of the thigh, but not touching the bone reads 165 degrees, about 2 ¾ hours total roasting.

Remove the turkey from the oven, transfer it to a warm platter or carving board; tent loosely with foil. Let stand at least 30 minutes to let the juices redistribute through the meat. Carve, serve and enjoy!!!