



## *Brining Recipes and Meats/Seafood Guide*

Preparation Time: 10 mins

Brining Time: Varies

Difficulty: Easy

### MEATS GUIDE

Pork	12-16 hrs.
Chicken Pieces	4 hrs.
Turkey	24 hrs. (1 hr. of brine per pound)
Fish/Shrimp	30 mins.

### DIRECTIONS

1. In a large pot add sugar, salt, water, and any other ingredients.
2. Cook until sugar and salt have dissolved.
3. Bring to a boil, then turn off and allow to cool completely.
4. Wash meat/fish thoroughly.
5. Place in a large sealable bag and brine according to the type of meat or seafood. Place in fridge.
6. Remove from fridge and remove from brine.
7. Wash for a few minutes to remove excess salt, pat dry.
8. Cook as the recipe requires.

Note: Whole turkey soak for 15 mins in cold water.

### BASIC BRINING RECIPE

1 cup brown sugar  
1 cup kosher salt  
16 cups water

### BEST TURKEY BRINE

2 cups brown sugar  
2 cups kosher salt  
5 whole bay leaves  
3 cups apple cider  
32 cups of water  
5 gloves minced garlic  
4 sprigs of rosemary (leaves stripped off stem)  
Peel of 3 large oranges sliced  
3 tablespoons peppercorns (pref tricolor)

### OTHER INGREDIENT OPTIONS

Lemons or Limes  
Allspice  
Cloves  
Fresh Tarragon  
Fresh Italian Herbs  
Ginger  
Onions  
Vegetable Broth/Stock Low Sodium for Extra Flavor  
See my Cuban Style Roast Pork Shoulder Recipe