



Perfect Thanksgiving Turkey Breast

Savannah · 30/09/2024



Prep Time

1 day 1 hr 15 mins

Difficult

Medium

Servings

1 day 4 hrs 30 mins

Description

Easy moist and tender turkey breast A foolproof turkey recipe to make your Thanksgiving dinner perfect Use pan drippings to make a smoky turkey gravy

Ingredients

- - 4 cups water - ½ cup kosher salt - ½ cup white sugar - 2 tablespoons hickory-flavored liquid smoke - 1 tablespoon whole black peppercorns
- cracked - 4 cloves garlic
- crushed - 4 sprigs fresh rosemary - 4 sprigs fresh thyme - 4 sprigs fresh sage - 1 teaspoon smoked paprika
- 2 (5 pound) boneless turkey breast halves - ½ cup unsalted butter
- softened - 1 sprig fresh rosemary
- leaves stripped and finely chopped - 1 sprig Spices
- thyme
- fresh - 1 sprig Fresh Sage - 1 teaspoon pressed garlic - ½ teaspoon freshly ground black pepper - ¼ teaspoon smoked paprika - 6 medium carrots
- cut into large chunks - 6 stalks celery
- cut into large chunks - 2 medium red bell peppers
- cut into large chunks - 2 medium yellow onions
- quartered - 8 fluid ounces chicken stock
- or more as needed

Instructions

1. Heat water for brine in a 6-quart pot over medium heat until steam begins to rise to the surface. Stir in kosher salt and sugar until dissolved. Add liquid smoke
2. peppercorns
3. garlic
4. rosemary
5. thyme
6. sage
7. and smoked paprika. Immediately remove from heat
8. cover
9. and let rest and bring to room temperature
10. about 30 minutes. Do not refrigerate to cool. Place each turkey breast in a zip-top freezer bag. Evenly divide the brine
11. herbs
12. and garlic between the bags. Remove excess air
13. seal
14. and put into the refrigerator
15. 24 to 36 hours before you roast your turkey breast. Remove turkey from brine
16. pat dry
17. and let rest for 30 minutes. Pour brine through a strainer; discard brine but reserve garlic and herbs. Meanwhile
18. preheat the oven to 300 degrees F (150 degrees C). At the same time
19. mix softened butter with rosemary
20. thyme
21. sage
22. garlic
23. black pepper
24. and paprika for herb butter. Set aside. Arrange carrots
25. celery
26. bell peppers
27. onions
28. and reserved garlic and herbs from the brine in the bottom of a roasting pan. Rub about 1/4 of the herb butter on each breast under the skin. Don't remove the skin. Rub the rest of the butter on top of the skin. Arrange the breasts in the roasting pan on top of the aromatic veggie rack; add chicken stock to the bottom of the pan. Roast in the center of the preheated oven until an instant-read thermometer inserted into the center of each breast reads 160 degrees F (71 degrees C)
29. 2 1/2 to 3 hours. Remove from the oven
30. cover loosely with a foil tent
31. and let rest for 15 minutes. The internal temp will rise above 165 degrees F (74 degrees C) during this rest. Cook's Note: The brine is probably the most important step. It will keep the breast moist and flavorful. Do not skip. Editor's Notes: Always brine foods in a food-grade
32. nonreactive container such as a stainless steel or enameled stockpot
33. a brining bag
34. or a food-grade plastic bucket. Nutrition data for this recipe includes the full amount of brine ingredients. The