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Grandma's Secret Turkey Recipe (S)

Honestly, there are probably not too many turkey recipes out there are not “plan-approved”... Chances are your great-grandma's secret family recipe that has been passed down for generations will most likely work just fine. Since most of us will be making an S-style turkey, using lots of butter or oil and herbs and seasonings are all going to be just fine for prepping the “star of the show”. We'd like to share with you this brining method that yields a juicy and flavorful result. Brining is similar to marinating, but is primarily focused on moistening the meat as opposed to adding flavor.

Serving Size: 6 or more; varies depending on size of turkey selected

INGREDIENTS:

For the Brine:

- 1 frozen turkey
- water
- 3/4 cup mineral salt

For the Turkey Cavity (optional):

- onions (in large chunks)
- celery (in large pieces)
- whole bulbs garlic
- sprigs fresh thyme
- sprigs fresh sage

For the Turkey Rub:

- 1/2 cup butter (or coconut oil, room temperature)
- mineral salt
- fresh, minced, or powdered garlic
- fresh or dried sage
- fresh or dried thyme
- herbs of choice

(Continued...)

INSTRUCTIONS:

For the Brine:

1. Make your brine, which is really just dissolving salt in water. Dissolve 3/4 cup salt in about two cups of hot water. Allow this mixture to cool. In a large pot, cooler, or container place the turkey with all wrappers removed. Pour the cooled brine mixture over the top, adding extra cold water if you need more to completely cover the turkey. Allow the turkey to sit until defrosted, but still cool. It can take 12 to 24 hours depending on the size of your turkey and how frozen it is - estimated thawing time is 30 minutes per pound.

For Preparing to Roast the Turkey:

1. Once the turkey is defrosted - drain, pat dry, and place into a roasting pan. Into the cavity of the turkey, place large chunks of onion, celery, and whole bulbs of garlic along with some fresh sprigs of thyme and sage.
2. In a bowl, mix together 1/2 cup room temperature butter (or coconut oil), mineral salt, fresh garlic, fresh or dried sage, and thyme (or other herbs of your choice). Rub this mixture all over the skin of your turkey. Be sure to rub some in-between the skin and breast meat sections.
3. Roast according to your turkey's specifications.

DF (if using coconut oil instead of butter in the turkey rub)

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The [Grandma's Secret Turkey Recipe](#) recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com.