

Salt Roasted Turkey with Herbs and Garlic

From: Kimi Harris at TheNourishingGourmet.com

The dry brine works for 10-13 pound turkey. (For a ten pounder, you don't have to use quite all of the salt mixture) For a 14- 15 pound turkey, use a 1/3 a cup of kosher salt and heaping measurements of flavor proponents. For a twenty pound turkey, double the mixture.

Dry Brine Recipe

Take note that you can widely change this recipe up as long as you keep the salt the same. The salt will permeate furthest, the herbs and garlic will flavor just the skin and first layer of the meat.

Ingredients:

- 1/4 cup kosher salt
- 2 teaspoons each of dried thyme and oregano (or 2 tablespoons each of fresh)
- 3-5 garlic cloves, peeled and pressed through a garlic press or finely minced
- Zest from 1 large lemon
- Zest from 1 large orange

Other possible additions or substitutions: ground pepper (not AIP), rubbed sage, basil, rosemary

Directions:

1. Mix in a small bowl. Save lemon and orange for stuffing the turkey.

Preparing the Turkey.

Ingredient:

1 10-14 pound turkey (Notice notes above and below for bigger turkeys)

Directions:

1. Remove any gizzards and the neck bone (check both sides of the turkey). Set aside for broth making (or put in the freezer for later use). Remove metal or plastic insert that holds turkey legs. Pat dry with paper towels.
2. Sprinkle about two tablespoons of the salt mixture inside the turkey cavity, and then rub the rest of the mixture on the turkey, front and back (you can also gently push some under the skin of the turkey).
3. Place turkey on rimmed baking sheet or roasting pan and cover with plastic wrap. Or place in a brining bag and place on sheet.
4. Refrigerate for 12-18 hours. Remove plastic wrap or brining bag for the last couple of hours to dry out skin, if desired.

Preparing Turkey To Roast

(Simply double all of the below ingredients if using a large turkey)

Ingredients:

- 1/4 -1/2 cup of melted butter or avocado oil
- 1 large onion, peeled and thinly sliced
- The lemon and orange leftover from the dry brine
- 3 cups of water

Directions:

1. Place oven rack at lowest position and pre-heat the oven to 425F.
2. If not already, place turkey, breast side up, in middle of roasting pan on roasting rack. Slice the leftover orange and lemon, and stuff them, along with the sliced onion, into the turkey.
3. Gently tie legs together (confession – I couldn't find mine when I was testing this recipe, and it still turned out okay) by crossing the legs and then tying. Drizzle liberally with melted butter or avocado oil. Pour water underneath the roasting rack in the turkey pan.
4. Place in oven and cook for 20 minutes. Turn down heat to 325F and cook until a meat thermometer gets to 165F when stuck in the thickest part of the turkey thigh and the juices run clear. You may want to turn the turkey pan around half way through the cooking time. (Basting unnecessary) . Cover with foil if the skin is getting too dark.

5. **Approximate total cooking time:** 8-12 pounds, 2 ³/₄ -3 hours; 12-14 pounds – 3 to 3 ³/₄ hours; 14 -18 pounds, 3 ³/₄ to 4 ¹/₄; 18-20 pounds, 4 ¹/₄ - 4 ¹/₂ hours; 20-24 pounds, 4 ¹/₂ -5 hours.
6. Remove from oven and cover loosely with foil to keep warm, and let rest for about 15-30 minutes. (This gives you time to make the gravy). Carve and serve.

P.S. I'm planning on walking you through making a gravy with the drippings, but in case I don't get to it, you need to dilute the drippings significantly as they will be very salty before turning it into gravy.