

FOOD & FINANCE
WITH SHELLEY NADEL

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Dry Brining Turkey

In its simplest form, brining turkey requires meat and salt, but I recommend adding your own blend of spices and herbs. For Thanksgiving, rosemary/ thyme/poultry seasoning, along with onion and garlic powder and pepper (regular, white, or spicy). You can leave it up to your own personal flavor palette and try different combinations throughout the year.

Cooking & Financial Tips

1. When dry brining, pat the turkey parts dry before adding the spices and herbs.
2. Do not cover the tukey parts in the refrigerator - keep them exposed to the cold air on all sides.
3. Invest in a good meat thermometer.

1. Stocks are investments in companies, and bonds are debts that you finance for government or corporate entities
2. You can sell shares of stock and bond holdings anytime there is a market for those securities, but mutual funds must be redeemed at the end of the trading day.
3. Make sure your financial advisor helps you rebalance your 401k accounts at least once a year.

Ingredients for Traditional Thanksgiving Brined Turkey

- turkey - whole or parts
- salt (recommend kosher, sea, or flaked)
- pepper
- garlic powder
- onion powder
- rosemary

Preparation

Raise up a big area of skin and rub the spice mixture in the air pocket. Finish by rubbing spices all over. Don't worry about how much salt you see – you can wipe off the excess before cooking.

Put on a rack (eg. used for cooling baked goods) placed on top of a cookie sheet or broiler pan. The rack will facilitate ventilation on all sides of the meat, including underneath. Let the meat remain in the refrigerator for 4-24 hours.

Preheat the oven to 375 degrees Fahrenheit*. Wipe off the salt and excess seasoning from the turkey parts, then put them in a pan and oven-roast them. The time required will depend on the size of the turkey parts; plan on 40 minutes, using a meat thermometer to verify everything is cooked properly (165 degrees for thighs and legs).

The finished meats should be extra juicy – be careful when you carve not to burn yourself.

*You can also cook parts at lower heat, 350 degrees – cooking time will be about an hour.