

BRINING

Add extra flavor to your meats before you bake, barbecue, etc.

1 cup kosher salt
OR
1/2 cup table salt
1 cup sugar
4 cups water

Marinate food in refrigerator according to times indicated below for different types and cuts of meat. Drain and dry before cooking, but don't rinse.

Chicken: Marinate 2-4 hours for pieces, 4-8 hours for whole chicken.

Turkey: Marinate 4-6 hours for pieces, up to 24 hours for whole turkey.

Pork: Marinate 3-4 hours for chops and ribs, 8-12 hours for roasts.