

Foster's Body & Paint

305 East Oak Street, Santa Maria, CA 93454

805-922-6191

November, 2012

Grilled Turkey Breast

Ingredients:

- 1/3 cup kosher salt
- 1/3 cup sugar
- 3 bay leaves
- 2 jalapeno peppers, halved
- 2 Tbsp. cumin seeds
- Large, deep food-safe container
- 1 (5-6 lb.) boned, skin-on fresh turkey breast
- Vegetable cooking spray
- 1 Tbsp. table salt
- 1 Tbsp. cumin seeds
- 1 Tbsp. paprika
- 2 tsp. freshly ground pepper
- 1 tsp. ground coriander
- 1 tsp. dried oregano Parsley-Mint Salsa Verde



Preparations:

- 1.) Stir together kosher salt and next 4 ingredients with 2 qt. water in a large, deep food-safe container or stockpot until sugar is dissolved. Add turkey. Chill 8 hours or overnight, turning once.
- 2.) Coat cold cooking grate of grill with cooking spray and place on grill. Light 1 side of grill, heating to 350 degrees to 400 degrees (medium-high) heat; leave other side unlit. Remove turkey from brine. Rinse turkey, drain well, and pat dry with paper towels.
- 3.) Stir together table salt and next 5 ingredients. Rub skin of turkey with mixture.
- 4.) Place turkey, skin side down, over lit side of grill, and grill, without grill lid, 4 to 5 minutes or until slightly charred. Transfer to unlit side, skin side up. Grill, covered with grill lid, 30 to 40 minutes or until a meat thermometer inserted in thickest portion registers 165 degrees. Return turkey, skin side down, to lit side, and grill, covered with grill lid, 4 to 5 minutes or until skin is crisp.
- 5.) Remove turkey from heat; cover loosely with aluminum foil. Let stand 10 minutes. Serve with salsa verde.

Makes 8 Servings

Find this recipe and many more at Fostersbodyandpaint.com