

ROASTED TURKEY BREAST

F EASY

Last Modified: 02/11/2015

PREP: 8 To 16 Hrs

COOK: 2 To 3 Hrs

OVEN: 325

TURKEY

MAKES 4 To 8 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
5 To 7	Pounds	Turkey Breast (Bone-In)	Thawed
8	Tbsp	Unsalted Butter	Melted
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste
1	7 Oz	Bottle Dry White Wine (Pinot Grigio)	

OPTIONAL SPICES

1	Tbsp	Fresh Rosemary Leaves	Minced
1	Tbsp	Fresh Thyme Leaves	Minced

BRINE SOLUTION

1	Gallon	Water	
1/2	Cup	Kosher Salt	
1/2	Cup	Light Brown Sugar	Packed

SMOOTH GRAVY

1	Medium	Shallot	Minced
4	Cloves	Garlic	Smashed
1	Tbsp	Fresh Rosemary Leaves	Minced
1	Tsp	Fresh Thyme Leaves	Minced
1	Whole	Dried Bay Leaf	
2	14 1/2 Oz	Cans Chicken Stock (Swanson)	
3	Tbsp	Unsalted Butter	
3	Tbsp	All Purpose Flour	
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste

PREPARATION

FACTOID	A frozen Turkey Breast is perfectly OK as long as it is thawed SLOWLY. AVOID AT ALL COSTS: Pre-Brined Breasts and Self-Basting Breasts.
CAUTION	NEVER cook a Breast weighing over 7 pounds. One weighing over that requires too long a cooking time, resulting in a progressively drier and drier breast. Cook two smaller ones if necessary (BOTH the same size).
FACTOID	A rough estimate of the cooking times to reach 161 degrees: 2 ~ 3 Pounds - - - 1.5 to 2 Hours 4 ~ 6 Pounds - - - 1.5 to 2.5 Hours 7 ~ 8 Pounds - - - 2.25 to 3.25 Hours
HINTS	Before beginning the process, test your refrigerator base temperature by placing the meat probe (tip NOT touching anything) in the location you intend to use for thawing the Breast. As soon as it stabilizes, write it down and stick it to the front of the refrigerator with a magnet.

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TOOLS	<ul style="list-style-type: none"> 1) Medium Saucepan & Lid 2) Large Stock Pot & Lid 3) 2 Gallon Zip Lock Bag 4) Meat Probe Thermometer 5) Roasting Pan & Rack 6) Stick Blender 7) Electric Carving Knife
PREP	DISH 1) Preheat the oven to 325 degrees with a rack in the lower third.
PREP	GRAVY 1) Smash the Garlic Cloves and set them aside. 2) Mince the Shallot and add it on top of the Garlic. 3) Mince the Rosemary Leaves and set them on top of the Garlic. 6) Mince the Thyme Leaves and set them on top of the Garlic.
1	THAW THE BREAST: Leaving the Turkey Breast in it's original plastic bag, feel for a popup and if you find one, insert the probe thermometer through the plastic bag in the thickest part of the opposite Breast. Place the Turkey Breast uncovered in a roasting pan in the refrigerator until the probe thermometer registers the base temperature as was recorded earlier, about 2 to 3 days. Just prior to beginning the brining process, remove the plastic bag and if there are still any ice crystals inside, rinse thoroughly with cold water. Remove the temperature probe and Popup (reserving it).
1	MARINATE THE BREAST: The evening before cooking day, make the Brine Solution. In a large stock pot over medium heat, bring all of the Brine Ingredients to a boil and stir until the Salt and Sugar are completely dissolved. Allow it to cool to room temperature. Seal it with plastic wrap and place it in the freezer to chill it quicker. Place the Turkey Breast in the zip lock bag and pour in the cold Brine Solution. Squeeze out the air, seal it tightly and store it in a cool place overnight (8 to 16 hours).
1	PREPARE THE BREAST: Remove the Turkey from the Brine and rinse it thoroughly. Pat it dry top and bottom with paper towels.
2	PREPARE THE BREAST: Preheat the oven to 325 degrees. Melt the Butter in a microwave. Carefully re-insert the temperature probe and popup back into their original holes. Place the Turkey Breast, breast side up on a rack in the roasting pan. Drizzle the melted Butter over the top of the Breast. Season it generously all over with Salt and Pepper. Pour the White Wine into the bottom of the roasting pan.
NOTE	At this point you may optionally sprinkle the melted Butter with Fresh Rosemary and / or Fresh Thyme Leaves
1	ROAST THE BREAST (About 2 Hours - See Factoid): Place the unfoiled Breast in the oven and bake it for 2 to 3 hours. Tent it loosely with aluminum foil if the skin is becoming too dark. Roast until the Breast temperature reaches 161 degrees). Adjust the cooking time up / down for larger / smaller / multiple Breasts as is necessary.
2	REST THE BREAST: Remove the Breast from the oven and move it to a cutting board to let the juices redistribute for about 1/2 hour. Leave the probe thermometer inside the Breast and tent it tightly with aluminum foil while resting. Make sure the internal temperature rises to 165 degrees.

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1	MAKE THE GRAVY: Heat the roasting pan on medium heat on the stovetop while scraping the bottom with a wooden spoon to loosen any Fond. Pour the drippings into a gravy separator and allow the fat to float to the top.
2	MAKE THE GRAVY: Place 2 tablespoons of the fat in a medium saucepan over medium heat. Add in the Shallot, Garlic, Rosemary, Thyme, and Bay Leaf, season with Salt and Pepper. Cook until the Shallot is tender, about 3 minutes. Add in the Chicken Stock, Pour in the pan drippings and discard any remaining fat, bring it to a boil.
3	MAKE THE GRAVY: Using your fingers, mix the Flour with the Butter to make a smooth paste (See Recipe: Sauce - Roux - No Lumps French Method (Beurre Manie)) and add it into the Gravy Mixture, cook while stirring until the Flour thickens the Gravy (about 5 minutes). Adjust the seasonings to taste. Remove and discard the Garlic Cloves and Bay Leaf.
1	CARVING ACROSS THE GRAIN: Feel for the top of the Breast Bone with your fingers Slice straight down until you hit the rib bones. Turn the blade to follow alongside the rib cage until you can remove the entire breast in one piece. Slice it across the grain into thin slices.
1	CARVING WITH THE GRAIN Feel for the top of the Breast Bone with your fingers Slice at an angle, removing the Breast Meat in thin slices.
SERVE	Place on a serving platter and serve while hot with Turkey Gravy on the side.