



Roast Turkey Breast with Garlic and Herbs

Cooking turkey properly isn't easy. The meat is not as flavorful as other meats and the lack of fat gives it the tendency to dry out quickly. As with most birds, the legs and thighs do best with a different treatment than the breast meat. If you cook the whole bird until the breast is done properly, the legs will still be undercooked. If you cook until the legs are finished, the breast will be overcooked and dry (the most common result). There are many solutions, the easiest of which is to separate the parts and cook them separately or in different ways. We have chosen to cook only the whole, bone-in turkey breast because you can buy it as a separate part and it lends itself very well to the rotisserie method. We cure the breast with a dry salt and seasoning mix both for flavor and to retain some moisture in the meat. Most important is the slow cooking time and low temperature roasting which best suits the delicate dry white meat of the turkey. The rotisserie method accomplishes this naturally but if you are using an oven, keep the temperature at 225F or lower until an internal temperature of 160 is reached.

Feeds 8-10 - normal portions

Ingredients:

1 fresh whole bone-in turkey breast 8-10 lbs.
1 stick (1/2 cup) unsalted butter
2 large cloves garlic peeled and sliced thin
1 bunch fresh thyme sprigs to be used as a basting brush

For the seasoning mix:

1 teaspoon ground black pepper
2 tablespoons sea salt (fine)
1 teaspoon granulated garlic
1 teaspoon dried thyme leaves

Procedure:

1. Have your turkey brought to room temperature (at least not too cold). Rinse the turkey breast well and pat dry.
2. Blend all of the seasoning ingredients in a small bowl.
3. Apply the seasoning evenly over the turkey breast and in the underside cavity.
4. Place in a plastic bag, place the bag in a bowl and refrigerate for 4 -16 hours. Rotate ½ turn every 4 hours.
5. Remove the turkey from the bag, rinse and dry.
6. Attach to the rotisserie spit per manufacturer's directions or place on a rack in a shallow roasting pan or cookie sheet.
7. Place the spit with the turkey onto the rotisserie or in the oven or grill.
8. Insert a meat thermometer into the breast or have an instant read thermometer available.
9. Melt the butter and garlic and reserve in a small warm bowl or pan.
10. Rinse and dry the thyme. Tie them at one end if not already secured.
11. Using a moderate fire (for fireplace cooking) or keeping the heating source at or below 225F
12. Baste with the butter using the thyme "brush" every 15-20 minutes until the internal temperature reads 160 -165F (up to 4 hours).
13. Remove the meat from the heat and let rest for 10-20 minutes.

Remove any trussing objects, carve and serve.