

HERBED SMOKE ROASTED TURKEY BREAST



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BRINE:

1 (6 -7LBS.) BONE-IN, SKIN-ON TURKEY BREAST, THAWED IF PREVIOUSLY FROZEN

4 QTS. COLD WATER

3/4 CUP KOSHER SALT
1/3 CUP BROWN SUGAR

HERBED BUTTER:

8 TBSP. BUTTER, AT ROOM TEMPERATURE

1/4 CUP, PLUS EXTRA FOR GARNISH CHOPPED FRESH HERBS: A MIX OF PARSLEY, SAGE, ROSEMARY, AND MARJORAM OR OREGANO

1 CLOVE GARLIC, FINELY MINCED

1 TBSP. FRESH LEMON JUICE
1 TSP. FRESH LEMON ZEST

1/2 TSP. BLACK PEPPER, FRESHLY GROUND

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PREPARATION

- Remove any excess gobbets of fat from the turkey breast. In a large stockpot or other food-safe container, combine the water, kosher salt, and brown sugar, and stir until the salt and sugar crystals dissolve.
- Add the turkey to the brine and refrigerate 6 to 8 hours or overnight. If necessary, weight with a bag of ice to keep the turkey submerged.
- Drain and pat dry with paper towels; discard the brine. Put the turkey breast on a roasting rack in a shallow roasting pan. Add 1 cup of water to the bottom of the pan.
- In the meantime, make the herb butter: In a microwave-safe mixing bowl, combine the butter, chopped herbs, garlic, lemon juice, lemon zest, and salt and pepper.
- When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set the temperature to 325F and preheat, lid closed, for 10 to 15 minutes.

- Gently work your fingers or the handle of a wooden spoon under the skin on the breast to loosen it from the meat. Insert 2 tablespoons of herb butter under the skin on each side of the breastbone, massaging it with your fingers to distribute it evenly and push out any pockets of air.
- Melt the remaining 4 tablespoons of herb butter in the microwave using medium-low heat. Brush the outside of the turkey breast with some of the melted butter.
- Roast the turkey for 2 to 2-1/2 hours, or until the turkey is golden brown and the internal temperature in the thickest part of the thigh is 165F. (Use an instant-read meat thermometer.) Baste with the remaining butter after 1-1/2 hours.
- Let the turkey breast rest for 15 minutes before carving. Garnish, if desired, with sprigs of fresh herbs.

Difficulty:	3/5
Prep time:	25 mins
Cook time:	2 hrs
Serves:	8 - 12
Hardwood:	Cherry

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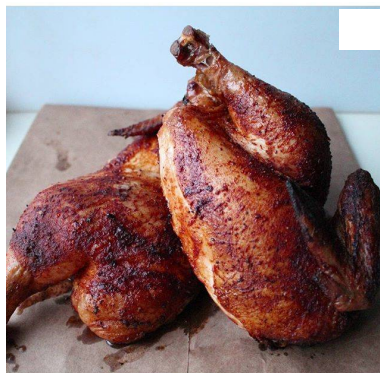
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