



## HOW TO BRINE

Brining is an easy way to season your meat from the inside out and ensure it remains hydrated. The meat science behind brining is hotly debated, but its utility is not; it will prevent cooking a bland, dry pork chop, and instead ensure it is tender and juicy. Despite its efficacy, you must still make sure to not overcook your meat. Always aim for an internal temperature of 145°F for pork & 165°F for poultry.

Only use the brine when it is cold! Brine the meat under refrigeration for an appropriate time (see below) and discard the brine when you remove the meat. Pat the meat dry and it is ready to cook, requiring no additional seasoning!

### Brining times:

- Whole Chicken 4 hours
- Pork chops (1-inch) 4 hours
- Pork loin roast 12 hours
- Whole Turkey 2 days
- Boneless Ham (5 pounds) 3 days