

Up on treats; leftover candy is dangerous

HONEY-BRINED TURKEY

Yield: 16-19 servings.

- 1 (19- to 20-pound) turkey; neck, heart and gizzard reserved for gravy, if desired
- 8 quarts cold water
- 2 cups kosher salt
- 1 cup honey
- 2 bunches fresh thyme, divided use
- 8 large garlic cloves, peeled
- 2 tablespoons coarsely cracked black pepper
- 2 lemons, halved
- 2 tablespoons olive oil
- 5 cups (about) canned low-salt chicken broth, divided use

■ Line extra-large stockpot with heavy, large plastic bag (about 30-gallon capacity). Rinse turkey; place in plastic bag. Stir water, kosher salt and honey in large pot until salt and honey dissolve. Add 1 bunch fresh thyme, peeled garlic cloves and black pepper. Pour brine over turkey. Gather plastic bag tightly around turkey so that bird is covered with brine; seal plastic bag. Refrigerate pot with turkey in brine at least 12 hours and up to 18 hours.

■ Position rack in bottom third of oven and preheat to 350 degrees.

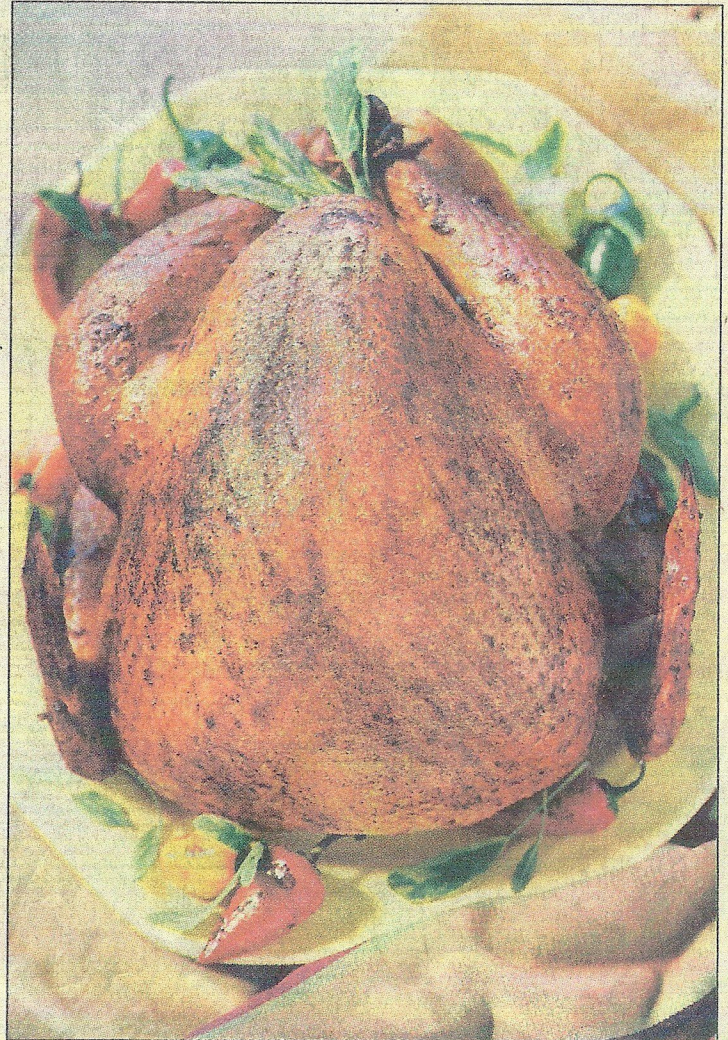
■ Drain turkey well; discard brine. Pat turkey dry inside and out. Squeeze juice from lemon halves into main cavity. Add lemon rinds and remaining 1 bunch fresh thyme to main cavity. Tuck wings under turkey; tie legs together loosely to hold shape. Place turkey on rack set in large roasting pan. Rub turkey all over with olive oil.

■ Roast turkey 1 hour. Baste turkey with 1 cup chicken broth. Continue to roast until turkey is deep brown and thermometer inserted into thickest part of thigh registers 180 degrees, basting with 1 cup chicken broth every 30 minutes and covering loosely with foil if turkey is browning too quickly, about 2 1/2 hours longer.

■ Transfer turkey to platter. Let rest 30 minutes. Pan juices can be reserved for making gravy, if desired. Carve and serve.

Nutritional information per serving without brine (because of variables in brining process the rate of absorption varies): Calories 440 (29 percent from fat); fat 14.4 g (sat 4.6 g); protein 73.2 g; carbohydrates 0.3 g; no fiber; cholesterol 188 mg; sodium 203 mg; calcium 67 mg.

— Source: Janet Fletcher, *Bon Appetit* magazine, November 1999



Honey-brine flavoring makes for a juicy bird, suitable for holidays or any day. • Photo: Nick Koon / Staff Photographer