

From the kitchen of
MIZZOU

Herb Roasted Turkey Breast

An original Campus Dining Services recipe.

Ingredients

- 4-5 pound boneless, skin-on turkey breast
- 1 gallon water
- 1 cup kosher salt
- 1 tablespoon vegetable oil
- 1 tablespoon fresh rosemary, chopped
- 2 teaspoons dry basil leaves

Directions

- 1.** Prepare a brine by combining water and salt in a large bowl. Stir until the salt is dissolved.
- 2.** Place the turkey breast in the brine. Cover and refrigerate for at least 12 hours, but no more than 24 hours.
- 3.** Preheat oven to 325 F.
- 4.** Remove turkey from the brine and discard the brine. Use a disposable paper towel to pat the turkey dry. Place the turkey on a large baking sheet and thoroughly coat with oil. Season on all sides with the rosemary, basil and black pepper. Leave skin side up on the baking sheet.
- 5.** Roast in the hot oven for 75-90 minutes or until a thermometer inserted into the thickest part reads 165 F. If the turkey is getting too brown, cover loosely with foil.
- 6.** Remove from the oven and let rest at room temperature for at least 20 minutes before slicing.

