

How to Roast a Turkey Breast

Ingredients

- Turkey breast (thawed or partially thawed)
- Salt (1 teaspoon for every 2 pounds of meat)
- Optional: Spices, herbs, citrus peel

Instructions

1. Prepare the Turkey Breast:

- Place the turkey breast in a deep pan, even if it's not fully thawed.
- Pat the breast dry on all sides and inside the cavity.

2. Make the Rub:

- Prepare your rub using 1 teaspoon of salt for every 2 pounds of turkey breast. You can use plain salt or enhance it with spices, herbs, and citrus peel.
- Rub the turkey breast thoroughly on all sides and inside the cavity.

3. Refrigerate Overnight:

- Place the pan with the seasoned turkey breast into a plastic grocery bag and loosely tie it.
- Refrigerate the turkey overnight.

4. Massage and Refrigerate Again:

- The next day, remove the bag-covered pan from the refrigerator (do not uncover the turkey) and gently rub the turkey with your hands, massaging the seasoning into the meat.
- Return the pan to the refrigerator.

5. Prepare for Roasting:

- That evening, remove the turkey from the bag and place it on a rack inside a roasting pan.
- Dry the turkey breast well on all sides and inside the cavity. Discard any rendered juices from the pan.
- Place the roasting pan in the refrigerator uncovered, allowing the turkey to dry out in the fridge overnight.

6. Roast the Turkey:

- The next day, preheat your oven to 450°F (230°C).
- Remove the turkey from the refrigerator and let it come to room temperature for about 30 minutes.
- Place the turkey in the preheated oven and immediately reduce the temperature to 350°F (175°C).

7. Cook the Turkey:

- Roast the turkey breast for 1 hour.
- Check the internal temperature by inserting a meat thermometer into the thickest part of the breast, avoiding the bone. The turkey is done when it reaches 165°F (74°C).

8. Rest the Turkey:

- Remove the turkey from the oven and loosely tent it with aluminum foil.
- Let the turkey rest for about 30 minutes.

9. Slice and Serve:

- Carefully separate both breasts from the bone without breaking them.
- Slice the breast against the grain and serve.