

Bacon Wrapped Turkey Breast

1 turkey breast

Salt

Optional: pepper, citrus zest, herbs of choice

Bacon

Start by deciding if you will only use salt. You will need 1 teaspoon of salt for every 2 pounds of turkey. Place the salt in a bowl and add any herbs, pepper or citrus zest if using. I used Rosemary and thyme for mine (1 teaspoon chopped Rosemary and 1 sprig of thyme).

Pat dry the turkey and rub it with the salt on both sides. Place it in a container and loosely cover it with a grocery bag. Place it in the refrigerator for 24 hours.

COOKING INSTRUCTIONS:

Remove the turkey from the fridge and pat dry it well. Transfer it to a roasting pan.

Drape the turkey in bacon slices. Make sure you cover the whole surface. Allow it to come to room temperature by letting it sit on the counter for about 20 minutes. The larger it is the longer it will take.

Heat your oven to 400°F (200°C). Place the turkey in the oven and reduce the heat to 350°F (176°C) immediately. You will need about 13 minutes per pound — this is a rough estimate. Every oven is different so please use a meat thermometer to determine the proper temperature.

Place a meat thermometer into the breast and remove it from the oven when it registers 160°F (71°C). Loosely cover the pan with aluminum foil and allow the breast to rest for 30 minutes. The meat will continue cooking as it sits. It will be safe to eat when it reaches 165°F (74°C).

For better results, slice the turkey against the grain.