

Poultry Brining Cheat Sheet

No quips here: Turkey Time is serious business.

Turkey

			Dry Brine (Roast)			Dry Brine (Sous Vide)			Dry Cure			Gradient Brine (Immersion)			Gradient Brine (Injection)			Equilibrium Brine (Immersion)		
			Salting, but make it sound cool. Best for classic roast turkey (or chicken) with crispy skin.			Same principle as dry brine for a roast bird, just without the waiting around. Season, bag, and cook.			Turbo-charged controlled overseasoning. Timing is everything. Proceed with caution.			The classic wet brine. For those who care more about juicy meat than crispy skin. You will need a giant container and lots of fridge space.			Butterball results for tiny kitchen folks. Must be comfortable with needles.			Wet brine for those who seek perfect balance in their life and poultry seasoning. The catch: eats up valuable fridge space for an entire week.		
			1% salt			1% salt, 0.6% sugar			9% salt			5% salt solution			5% salt solution			1% salt, total weight of protein and water		
			Salt (g)	Time		Salt (g)	Sugar (g)	Time*	Salt (g)	Sugar (g)	Time	Salt (g)	Water (kg)	Time	Salt (g)	Water (g)	Time	Salt (g)	Water (kg)	Time
Whole	14 pounds	6350 g	64	24 hrs		N/A	N/A	N/A	572	0	1-4 hrs	650	13	16-24 hrs	35	700	16-24 hrs	193.5	13	7 days
Crown	6.5 pounds	2950 g	30	24 hrs		N/A	N/A	N/A	266	0	45 min	400	8	1-4 hrs	20	400	16-24 hrs	109.5	8	7 days
Breasts, bone-in (2 ea)	4 pounds	1820 g	18	1-24 hrs		18	11	16 hrs	164	0	45 min	150	3	1-4 hrs	20	400	16-24 hrs	48.2	3	5 days
Breasts, boneless (2 ea)	3.5 pounds	1585 g	16	1-24 hrs		16	9.5	16 hrs	143	0	45 min	150	3	1-4 hrs	20	400	16-24 hrs	45.8	3	3-5 days
Thighs, bone-in (2 ea)	2 pounds	910 g	9	1-24 hrs		9	5.5	8 hrs	82	0	45 min	100	2	1-4 hrs	15	300	16-24 hrs	29.1	2	3-5 days
Thighs, boneless (2 ea)	2 pounds	910 g	9	1-24 hrs		9	5.5	5 hrs	82	0	30 min	100	2	1-4 hrs	15	300	16-24 hrs	29.1	2	3 days
Drumsticks (2 ea)	2 pounds	910 g	9	1-24 hrs		9	5.5	8 hrs	82	0	45 min	100	2	1-4 hrs	N/A	N/A	N/A	29.1	2	3 days
Leg quarters (2 ea)	4 pounds	1820 g	18	1-24 hrs		18	11	8 hrs	164	0	45 min	150	3	1-4 hrs	15	300	16-24 hrs	48.2	3	3-5 days
Breasts, boneless, deli-cured (2 ea)	3.5 pounds	1585 g							3% / 48	3% / 48	24 hrs									

Chicken

			Dry Brine (Roast)			Dry Brine (Sous Vide)			Dry Cure			Gradient Brine (Immersion)			Gradient Brine (Injection)			Equilibrium Brine (Immersion)		
			1% salt			1% salt			9% salt			5% salt solution			5% salt solution			1% salt, total weight of protein and water		
			Salt (g)	Time		Salt (g)	Sugar (g)	* Time	Salt (g)	Time		Salt (g)	Water (kg)	Time	Salt (g)	Water (g)	Time	Salt (g)	Water (kg)	Time
Whole	4 pounds	1820 g	18.2	24 hrs		N/A	N/A	N/A	163.8	1-4 hrs		125	2.5	16-24 hrs	17.5	350	16-24 hrs	43.2	2.5	5 days
Crown	1.75 pounds	790 g	7	24 hrs		N/A	N/A	N/A	71	45 min		125	2.5	1-4 hrs	10	200	16-24 hrs	32.9	2.5	5 days
Breasts, airline (2 ea)	1.5 pounds	680 g	7	1-24 hrs		7	0	1.5 hrs	61	45 min		75	1.5	1-4 hrs	10	200	16-24 hrs	21.8	1.5	3 days
Breasts, boneless (2 ea)	1.25 pounds	565 g	6	1-24 hrs		6	0	1.5 hrs	51	45 min		75	1.5	1-4 hrs	10	200	16-24 hrs	20.7	1.5	3 days
Thighs, bone-in (4 ea)	1.5 pounds	680 g	7	1-24 hrs		7	0	1.5 hrs	61	30 min		75	1.5	1-4 hrs	15	300	16-24 hrs	21.8	1.5	3 days
Thighs, boneless (4 ea)	1 pound	455 g	5	1-24 hrs		5	0	45 min	36	45 min		50	1	1-4 hrs	15	300	16-24 hrs	14.5	1	3 days
Drumsticks (4 ea)	1 pound	455 g	5	1-24 hrs		5	0	1.5 hrs	36	45 min		50	1	1-4 hrs	N/A	N/A	N/A	14.5	1	3 days
Wings (1 batch)	2 pounds	910 g	9	1-24 hrs		9	0	1.5 hrs	82	45 min		75	1.5	1-4 hrs	N/A	N/A	N/A	24.1	1.5	3 days
Leg quarters (2 ea)	1.5 pounds	680 g	7	1-24 hrs		7	0	3 hrs	61	45 min		75	1.5	1-4 hrs	7.5	150	16-24 hrs	21.8	1.5	3 days

* Time is the sous vide cook time; there is no inactive brining time.