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## Is fish considered a meat

Fishing is an ancient activity that is among the world's most popular pastimes. Fishing can be very relaxing and quiet. It can also be an exciting event for the whole family. With so many types of fishing, the possibilities are endless. There's nothing worse than cutting into a dry, tasteless pork chop or a rubbery chicken breast. Fortunately, there is a simple solution to ensure that lean meat does not dry out when cooking: brine. Meat such as poultry, shrimp and pork is notoriously easy to overcook because they don't have much fat and marbling to protect them. Infusing that meat with salt works food-science magic, increase moisture inside and enhance the flavor. Brining builds in a lot of forgiveness in case you accidentally overcook things, all but guarantee that you won't end up with a chewing piece of dry meat! How does Brining work? Brining is the process of lowering a cut of meat in a solution of salt and water. It adds flavor, spices from the inside out, but it also changes the physical nature of the meat. The salt in brine denatures the meat's proteins so that the cells can retain more moisture. Meanwhile, brine also tenderizes meat by making the muscle fibers unravel and swell. It all comes together to catch so much liquid inside that it can't all evaporate during the cooking process, creating a moister, juicier piece of meat. Isn't science great? Brine protects lean pieces of meat such as chicken breast, pork chops and seafood while cooking. It makes brine one of our go-to secrets for super tender meat every time you grill. There is no need to brine red meat (such as beef or lamb) or fatter cuts (such as chicken thighs or pork shoulder), but these items can benefit from a flavorful marinade. Is marinating the same as Brining? Not exactly. Marinades do not contain as much salt as brine, but they are made with oil and acid (such as citrus juice or vinegar) to help break down tough muscle fibers. Brine IdeasThere are only two ingredients in a traditional brine: water and salt. You can choose any type of salt you want, but remember that different salts take up different volumes. Table salt is finer than coarse kosher salt, which causes 1/2 cup of table salt to taste saltier. It is best to stick to kosher salt in brine recipes unless the recipe prevails differently. You don't have to take the traditional salt-and-water-only route if you don't want to. Try some of these ideas to enhance the taste of meat or vegetables. Add sugar, brown sugar or molasses. These ingredients add sweet flavor to meat while promoting. Use the same amount as salt, or more if desired. Sugar-infused brine works especially well with pork, such as grilled pork chops. Use some alcohol. Alcohol can help carry brine flavors, allowing them to penetrate deeper into the meat. as small as a tablespoon of strong, neutral alcohols that or 1/4 cup of tasty alcohols such as rum or gin. Feel free to add even more when dealing with weaker alcohols such as wine and beer. Jump over the water. You can certainly replace other liquids as a base instead of water. Try using apple juice or chicken broth to replace some or all of the water, or go all-in and brine chicken in buttermilk or pickle juice. If you use a sour ingredient instead of water, you will reduce brining time. Acid will break down the proteins on the outside of the meat, giving it an unpleasant, mushy texture. Toss in other tasty ingredients. Adding fresh herbs or citrus peels (or spices) is a wonderful way to enhance the taste of brine. We especially like to add herbs to poultry brine, like herb-brined Cornish game hens. You can also use other tasty ingredients, such as soy sauce, Worcestershire, garlic and onions. Try to heat the brine to put these ingredients in the liquid (and be sure to cool the brine down before adding the meat). Dry brine vs. Wet BrineDry brine works in the same way as wet brines, but they do not use any water at all. By rubbing the meat with pure salt, you will not add excess moisture that can dilute the natural flavors of the meat. Instead, the salt fills with the juice of the meat, creating super concentrated flavors. This method has become especially popular for Thanksgiving turkeys because it is physically easier to do. You don't have to worry about finding a container big enough to hold all that salt liquid! You can also add dry rub spices while in it to make a dry-brined, herb-rubbed turkey. You may be surprised at how little salt you need for this method too: For each pound of meat, use 1-1/2 teaspoons of kosher salt (or a tablespoon for every two pounds). Rub the salt into the meat until it is covered (but not caked on) and let it sit, uncovered, in the fridge for the same time as a wet brine. How do you make a brine? For a traditional brine, all you need is water, salt and some time - that's it; you hardly even need a recipe. I like to use 1 tablespoon of kosher salt for each cup of water. For smaller cuts, such as chicken breast or pork chops, 4 cups of water will be sufficient to cover the meat completely. Larger cuts may need more brine, so increase the ratio of water to salt accordingly. (For example, brining a turkey requires about 6 quarts of water and 1-1/2 cups of kosher salt) Remember that some types of kosher salt are saltier than others as well. Ingredients: 4 cups water1/4 cup kosher saltAny extra herbs, sugar or aromatic ingredients (optional)Directions: Start by combining water and salt in a large container. The salt should dissolve naturally when the solution is stirred with a whisk, but you can also heat the mixture over low heat to dissolve the salt faster. Adding heat is the best to infuse additional ingredients in brine, such as sugar, herbs and aromatic ingredients. When using heat, try to heat up only a quarter of the water. This allows you to use cold water when adding the remaining liquid and cools the solution faster. Pro tip: Some brine recipes require additional ingredients, from sugar and honey to herbs and other aromatics such as onions and garlic. These additions make brine smell good and add flavor to the outside of the meat, but they will not penetrate the meat. Since they do not add to the overall juicyness of the meat, they are completely optional. I often prefer to use these ingredients after brine, such as spice rub, a compound butter or sauce that tops the meat. When you add them to the brine, add them together with the salt. Brine TimesBrine is a very salty solution, so it works pretty quickly. As a general rule of thumb, brine meat for about an hour per pound. You can go further, but remember that it is definitely possible to over-brine the meat. Most over-brining just makes everything a little too salty, and you can soak the meat in cold water to extract excess salt. If you really let it go too long – like in, brining for days instead of hours – things can go beyond repair. Doing so can make the meat mushy, and there is no way to fix it! Here's a handy guide for how long to brine different types of meat: Shrimp or scallops: 15 to 30 minutesFish fillets: 10 to 30 minutesHole fish: 1 to 3 hoursKylless chicken pieces: 30 minutesBone-in chicken pieces: 1 more 2 hoursHole chicken: 4 to 12 hoursShjernly play hen:1 to 2 hoursKey chest: 4 to 12 hoursHole turkey: 12 to 24 hours!lthough pork chops: 30 minutesLegs in pork chops : 30 minutes to 1 hourHole pork tenderloin: 1 to 2 hoursHole pork loin :2 to 12 hoursDownload mapsHow to save BrineOnce you have made brine, put it in a plastic container, sealed bag or a glass or stainless steel bowl. For larger cuts of meat, the test kitchen recommends picking up a set of Cambo containers. Taste of Home Culinary Director Sarah Farmer notes how the measuring markings are useful well pour into the liquid. It's easy to get hold of commercial equipment like his through your local restaurant supply store. A cooling rack inserted into a large rimmed baking sheet is useful for brine. You want the cool air to circulate around the meat, says Sarah.If the brine was heated to dissolve salt or sugar, let it cool completely before adding the food you want to brine. Then transfer the container to the refrigerator. If the salting ingredients flow to the top, weigh them down with a small plate or a piece of parchment paper. Don't worry if you've made too much brine! Unused brine made with salt and water can be stored indefinitely in the refrigerator. If you have added or aromatics such as garlic, it will lasts up to two weeks. It's not a good idea to reuse brine, though, so to put it after first use. What to do After the meat is BrinedAfter waiting the right time, remove the meat from the brine and pat it dry with a paper towel. You do not need to rinse it with fresh water unless you accidentally salted it for too long. From here, cook the meat according to your favorite recipe. Brined meat holds up exceptionally well until the high heat of the grill, but you can also cook them in a cast iron skillet on the hobs or fry them in the oven to make an sheet pan dinner. Brining Tips from the kitchen Rinse the meat after brine? If you followed the overall brine recipe-1/4 cup kosher salt per liter of water – and you don't brine the meat for too long, there's no need to rinse after brine. Just pat the meat dry after removing it from the brine. Do you need to cook immediately after brining? No, you do not need to cook meat immediately after removing it from brine. In fact, most cooking methods (but especially smoking, grilling and frying) benefit from a short period of air drying. Dry surfaces create less steam, so the meat exterior can better caramelize and sharpen up. Just store the meat in the fridge. Depending on its size, it can sit uncovered for up to 12 hours, or 24 hours when covered with cling film. Can you brine at room temperature? According to the Food and Drug Administration (FDA), it is safe to keep raw and cooked meat at room temperature for up to two hours (or an hour if the temperature is above 90° F). That said, we tend to salt everything that goes longer than 30 minutes in the fridge to be safe. Do you have season after brining? You can absolutely season the meat after brining. Remember that brine is very salt-rich, so you do not need to add any extra salt. Feel free to season with your favorite dry rub after brining. You can also put the meat with low- or non-salt liquid marinades. Can you brine without salt? Brine needs salt to work, so you can't make a brine without it. You can certainly reduce the amount of salt for your personal preferences, using only two tablespoons per liter of water. The second option is to make a salt-free marinade and let the sour ingredients tender the meat. Can you put too much salt in a brine? Yes, you can definitely put too much salt in a brine. Firstly, a certain amount of water is needed to dissolve salt (250 ml of water per 100 grams of salt, or about 6 tablespoons per 1 cup of water). Our ratio requires only 1 tablespoon per cup of water, so you really don't need much! If you accidentally make a very salty brine, add more water to dilute it or significantly reduce the salting time. Taste of HomeTaste by HomeTaste by Home Home

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